

Stamford Women's
Institute

Cook Book

1893

MRS. J. R. COLLARD

SOUTHEND, ONTARIO

DEALER IN

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1877

5289.

Mustard bath -

5 cts worth gum camphor

5 cts worth oil of mustard

10 oz. fat of vaseline

melt ghee & pour hot water

down it boil melt vaseline

ghee then add oil of

mustard keep covered, add

oil of mustard out of doors

as it irritates the eyes -

" 'Tis woman rules the whole world still

Though faults her critics say she has,

She smiles her smile and works her will,

'Tis just a little way she has."

—Jean Blewett.

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by

Mary Williamson

THIS BOOK
IS DEDICATED TO
HER "WHO LOOKETH WELL TO THE
WAYS OF HER HOUSEHOLD
AND EATETH NOT THE
BREAD OF IDLENESS."

THE

Stamford Women's Institute

Cook Book

A decorative horizontal border consisting of a repeating floral or scroll pattern.

A Dyspeptic's Wail

There is a pleasure in consuming food.
There is even rapture in a well cooked meal.
When all the viands tempting are and good
How smiles instead of frowns o'er faces steal !
We love not mind the less but matter more,
From these our daily visits to the table,
Where each forgets all that has gone before
And straightway eats as much as he is able,
Like the poor frog in good old Æsop's charming fable.

Pass on ye gathering thousands to your feast,
Full well I know armed men would never stay
Such mighty force from well-cooked bird and beast
And toothsome messes of the present day.
Pass on and leave me languishing behind,
Trying to glean a satisfaction pale
From thin weak broths, and such like slops, and find
Relief from these my woes in making wail,
While all the food I might be eating now is growing stale.

Stamford Branch Women's Institute

The Stamford Branch of the Women's Institute was organized in May, 1911, with a membership of 28, and at the date of going to press, April, 1912, the membership has grown to 63.

The Branch meets on the first Wednesday of each month, at 3 o'clock, at No. 4 school house, South End, space in which has been kindly granted by the trustees of the section.

The Branch extends a cordial invitation to all ladies in the vicinity, and also Niagara Falls, to attend its meetings, at which there are generally two interesting papers given by members, or visitors, on matters of general interest to all, also a musical programme.

Our motto is "Home and Country," and our ambition, to promote things beneficial to the community in which we live.

Programmes will be prepared early in the year, and may be obtained from the secretary.

COMMITTEE:

Mrs. A. W. Marsh, President.
Mrs. R. O. Walters, Vice-Pres.
Mrs. A. C. Pettit, Secretary.
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Mrs. W. Cramp.
Miss G. E. Gallinger.
Miss H. I. Garner.
Mrs. R. Green.
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Mrs. C. Hyatt	Mrs. J. Woolnough

Bread is the Staff of Life

YEAST.

Boil and mash through colander 13 large potatoes, add 5 granite spoons flour, sugar and salt (each). Then add 1 quart hot water, 2 quarts cold water, or enough to fill a two-gallon jar within 2 inches of top. Add 2 yeast cakes dissolved in 1 cup warm water. Let stand 24 hours. Use 1 cup yeast and 1 cup warm water for each loaf of bread.—Mrs. R. Green.

GRAHAM BREAD.

1½ pts. sour milk (buttermilk).

½ cupful New Orleans molasses.

½ teaspoonful salt.

2 small teaspoonfuls saleratus.

About 6 cupfuls Graham flour.

Mix milk, molasses, salt and flour, add saleratus, which has been dissolved in a little water.

Pour into buttered tins and bake in slow oven from 1¼ to 1½ hours. Increase heat when nearly done.

Grease top of loaves with butter when taken from oven.—J. W. W.

BRAN GEMS.

1 cupful brown sugar. 2 eggs.

2 tablespoonfuls butter. 1 teaspoonful soda.

1½ cupfuls buttermilk.

Mix with two parts bran and one part flour, bake, and serve while warm.—Mrs. S. Birkett.

HOT CROSS BUNS.

To 3 cups of milk, add enough flour to make a thick batter. Stir in a cake of compressed yeast that has been dissolved in warm water. Set to rise over night. In the morning add a few spoonfuls of melted butter and a half spoon grated nutmeg, a salt spoonful of salt, a teaspoon of soda, and enough flour to make a dough stiff enough for biscuit. Knead well, and set to rise for five hours. Roll into a sheet half an inch thick, cut into rounds, and put into greased baking pan. Let stand until light. Make a cross on each bun, and bake in a moderate oven to a light brown. Brush the top with beaten white of an egg and powdered sugar.—Mrs. Jas. Woolnough.



W. J. MANUEL

Baker and
Confectioner

**Niagara Falls South
Canada**



BOSTON BROWN BREAD.

1½ cups graham flour. 1 pint sweet milk.
 2 cups cornmeal. ½ teaspoon soda.
 1 cup Gingerbread brand molasses. 1 cup seeded raisins.
 Steam two hours.

CORNMEAL MUFFINS.

¾ cup cornmeal. 1 cup milk.
 1¼ cups white flour. 1 egg, well beaten.
 5 teaspoons baking powder.
 1 teaspoon salt. 1 tablespoon melted butter.
 Mix flour, sugar, baking powder and salt, add milk, egg and butter. Bake in hot oven, 25 minutes.

NONPAREIL CORN BREAD.

2 heaping cups Indian meal. 1 cup flour.
 3 eggs. 2½ cups milk.
 1 tablespoon lard. 2 tablespoons white sugar.
 1 teaspoon salt. 3 teaspoons baking powder.
 Beat the eggs very thoroughly, whites and yolks separately, melt the lard, sift the baking powder in the meal and flour and "beat like mad." Bake quickly and steadily.—Mrs. Emmett.

PARKER HOUSE ROLLS.

1 cupful yeast. 1 pint milk.
 1 tablespoonful sugar. Piece lard size of egg.
 Flour enough to make a stiff batter.

Put the milk on the stove to scald with the lard in it. Mix the salt, sugar and yeast into the flour, add the milk, being careful not to put it in too hot. Knead thoroughly when mixed at night, and only slightly the next morning, roll out an inch thick, and cut with a large sized biscuit cutter, spread a little butter on each, roll and lap together. Let them rise very light, then bake in quick oven.—Mrs. R. W. Jolly.

WAFFLES.

2 eggs (well beaten). 1 tablespoonful melted lard.
 1 light quart flour. 1 level teaspoonful soda.

Sour milk enough to make a batter as thick as cream. Do not fill irons too full and have them hot and well greased.—Mrs. R. W. J.

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If you have never used it, there are new culinary triumphs in store for you.

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Cowan's
Perfection
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Icing
Powders

VIOLA'S COCOANUT TEA BISCUIT.

1 pint flour.	1 teaspoon B. powder.
1 cup butter.	1 egg.
$\frac{1}{2}$ cup sugar.	Sweet milk.
1 cup shredded cocoanut.	

Sift flour and B. powder together in which thoroughly mix the butter, add cocoanut and beaten egg and enough sweet milk to make stiff batter. Drop on buttered tins. Bake fifteen minutes in a quick oven.—A. B. Coulter.

GRAHAM GEMS.

3 cupfuls graham flour.	1 teaspoonful soda.
1 cupful white flour.	1 teaspoonful salt.
$\frac{1}{2}$ cupful sugar.	2 tablespoonfuls butter or (shortening).
2 eggs.	

Buttermilk enough to make batter.—Mrs. C. Cole.

WHEAT GEMS.

1 egg.	1 cupful milk.
2 tablespoonfuls sugar.	2 teaspoonfuls B. powder.
1 tablespoonful butter.	

Flour to make a batter.—Mrs. John Gallinger.

TEA BISCUIT.

1 quart flour and 3 heaping teaspoonfuls baking powder sifted together, and add rich milk to form a soft paste. Flour the board and roll thin. Have ready 3 tablespoonfuls soft butter into which beat 2 tablespoonfuls of granulated sugar, spread evenly and quickly on dough, roll like jelly roll and cut off one inch thick. Bake in moderate oven. Very nice.—Miss Janey Birckett.

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Uses for Stale Bread

GOOSEBERRY CHARLOTTE.

Butter a pudding dish, scatter in some stale bread broken as fine as possible. Next put in a layer of gooseberries, over that a layer of brown sugar, and a sprinkle of ground cinnamon or a squeeze of lemon, a little ginger or a morsel of vanilla. Next layer, more broken bread, and some bits of butter, and so on, the last layer being brown sugar, dotted all over with bits of butter. Then pour in gently by the side of the dish a breakfast cupful of water, and bake $\frac{3}{4}$ hour in a moderate oven.

STUFFING.

Soak the bread and press it dry. Put in a basin, add salt, pepper, herbs, a bit of butter, a beaten egg, and a suspicion of grated lemon.

CAKE.

The soaked bread is turned into a colander, and pressed dry with a vegetable presser. Then it is put in a basin, and well beaten with a fork. Next add half a pound of sugar, the juice of a small lemon, and the grated rind of half, also half pound of Sultana raisins, some chopped candied peel and almonds, and mix thoroughly. Now add 4 well beaten eggs and sift in six ounces of self-rising flour. Mix well and bake one hour in moderate oven.

BREAD PUDDING.

Line a plain mould with a fair-sized piece of stale bread, cut, if possible, in fingers. Stew some red plums or raspberries and currants, and while hot fill up the mould or basin. Cover with more bread, put a plate over the basin and a heavy weight on that. Let it stand till next morning and then turn out and serve with custard or cream.

TOMATO SOUP.

Add six large pieces of crust to the stock for the tomato soup. Let it simmer gently for at least two hours, then pass all through a sieve, and return to the saucepan to boil up again. The soup will be just the right thickness, and of a delicious velvety smoothness.

THICKENED GRAVY.

After water has been added to gravy, put in 5 or 6 pieces of bread, let it cook well together, and beat well with a fork, and you will have a splendid thick gravy which no amount of cooking will cook thin.

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**Sanitary cans raised to stan-
dard of quality of all canned
goods.**

Try Some in Your Home

Sandwiches

WALDORF ASTORIA SANDWICHES.

$\frac{1}{2}$ tablespoon salt.	1 tablespoon mustard.
$1\frac{1}{2}$ tablespoon sugar.	$\frac{1}{2}$ tablespoon flour.
$1\frac{1}{2}$ tablespoon butter.	$\frac{3}{4}$ cup milk.
$\frac{1}{4}$ cup vinegar.	Yolks of 2 eggs or 1 whole egg.

Mix dry ingredients, then milk, add vinegar, stirring all the time. Cook until it becomes thick. Then add one cup of chopped walnuts, and one-half cup grated cheese. Spread between thin bread. — Mrs. R. Green.

SALMON SANDWICHES.

1 can salmon.	2 tablespoons crisp sour pickles.
3 hard boiled eggs.	1 teaspoon mustard.
2 lemons (juice only).	1 tablespoon melted butter.
1 tablespoon vinegar.	

Remove skin and bones from salmon, add pickles and eggs, chop all together. Then add the other ingredients, and mix very thoroughly till a paste is formed. Spread between very thin slices of buttered bread.—A. M. M.

BROWN BREAD SANDWICHES.

Brown bread to be used for sandwiches is best steamed in one-pound baking powder boxes. Spread and cut bread as for other sandwiches. Put between layers finely chopped peanuts seasoned with salt, or grated cheese, mixed with chopped English walnuts, seasoned with salt.

CHEESE AND PEPPER SANDWICHES.

Take crisp green peppers, chop fine and mix with grated cheese. Heat thoroughly and spread the mixture on buttered slices of white or graham bread. These are delicious.

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Massey-Harris

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Montreal
Moncton
Winnipeg

Regina
Saskatoon
Calgary
Edmonton

Breakfast and Supper Dishes

POTATO CAKES.

1 cup cold mashed potatoes.

2 cups flour.

4 teaspoons B. powder.

$\frac{1}{2}$ teaspoon salt.

1 tablespoon shortening.

Milk enough to make a dough.

Sift salt, flour and B. powder, mix in shortening, then potatoes and add milk, roll about one-quarter of an inch thick, cut and fry in plenty dripping, and eat while hot.—M. G.

CHEESE FONDUE.

1 cup milk 3 eggs.

1 cup breadcrumbs. $\frac{1}{4}$ pound grated cheese.

Cayenne Pepper, Salt.

Boil the milk, when hot remove from stove and add breadcrumbs, cheese and pepper. Mix thoroughly. Separate eggs and beat the yolks and add to mixture. Beat whites very stiff with saltspoon of salt and fold lightly into the mixture. Turn into a pudding dish and bake in a moderate oven fifteen minutes.—Mrs. R. O. Walters.

STUFFED EGGS.

Boil one dozen eggs hard, cut in two, take out yolks and mash yolks with butter size of an egg, one dessertspoonful mustard, one tablespoon sugar, one dessertspoonful celery salt, three tablespoons vinegar, one cup finely minced ham. Stir all together, and fill whites with mixture. Put whites together and serve on lettuce leaves.—H. G.

CODFISH A LA MODE.

Mix two cupfuls mashed potatoes, one cup boiled codfish, one-half cup butter, two cups of milk, two well beaten eggs, pepper and salt to taste. Bake twenty-five minutes. Serve in same dish.—E. H.

CORN FRITTERS.

1 pint or can of corn. $\frac{1}{4}$ teacup milk.

$\frac{1}{2}$ cup flour. 1 teaspoon baking powder.

1 tablespoon melted butter.

2 eggs.

1 teaspoon salt. A little pepper

Fry in hot lard.—D. R. W.



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GLAZED POTATOES.

One dozen cold mashed potatoes, heap on a pie-plate in a smooth mound, scoop out a cupful from the centre of the mound, glaze the inside of this cavity and outside of the mound with white of egg. Set in quick oven to harden glaze. Beat up one-half cup of melted butter, four tablespoonfuls grated cheese, yolk of an egg, salt, pepper. Heat, when thick pour into cavity, sift fine breadcrumbs upon the sauce, set in the oven to brown.—M. B.

DEVILED TOMATOES.

Peel eight large tomatoes, cut into thick slices, put into a saucepan four tablespoonfuls vinegar, two of salad oil, one of sugar, one-quarter tablespoonful each of pepper, salt and mustard, bring to a boil and pour hot over the tomatoes.—L. B.

STRAWBERRY TRIFLE.

One sponge cake sliced.

Four eggs, whites and yolks beaten separately.

Two cups of milk.

One cup sugar.

Two pints strawberries.

Scald milk, beat in sugar and yolks; cook until it begins to thicken, let it cool. Cover bottom of the dish with cake wet with cold custard and strew with berries; sprinkle with sugar. Repeat this, then put beaten whites on top with powdered sugar. Stick a few berries in white.

SHREDDED WHEAT BISCUITS.

Warm the biscuit in the oven to restore crispness—don't burn—pour hot milk over it, dipping the milk over it until the shreds are swollen. Then pour a little cream over the top of the biscuit. Or serve with cold milk or cream, according to individual taste.

SHREDDED WHEAT BISCUIT WITH STRAW-BERRIES.

Prepare berries as for ordinary serving. Warm biscuit in oven before using. Cut or crush oblong cavity in top of biscuit to form basket. Fill cavity with berries and serve with cream or milk. Sweeten to taste. Peaches, blackberries, raspberries, blueberries, pineapple, bananas, and other fruit—fresh or preserved, can be served with shredded wheat biscuit in the same way.

“Sterling” Brand

**Pickles
and
Catsups**

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MACARONI WITH CHEESE.

12 sticks macaroni (broken in inch lengths and cooked in 3 pints of boiling salted water for 20 minutes). Pour off water and drain.

1½ cups hot milk. 1 tablespoon flour.
1 tablespoon butter. Pinch of salt.

Make a sauce of foregoing ingredients. Put a layer of grated cheese in bottom of bake dish, then a layer of macaroni and one of sauce, then cheese, macaroni and sauce, and cover the top with fine bread crumbs with bits of butter dotted over and a little grated cheese. Bake until brown.—Mrs. R. Lowrey.

FLOUR PANCAKES.

One pint sour milk. Beat until it foams, then add 2 cupfuls flour, 1 teaspoon baking soda, ½ teaspoon salt (last three well sifted.) Whip until light. Cook on hot buttered griddle. Serve hot with butter and syrup.—Mrs. B. W.

A DAINTY BREAKFAST DISH.

1 cup chopped boiled ham.
2 cups seasoned bread crumbs.
2 beaten eggs, and enough fresh milk to make quite moist.

Put mixture in baking dish, smooth the surface, make six little hollows with the bowl of the spoon. Put in the oven till hot, then break an egg into each depression and return to the oven until the eggs are set.—C. M.

OATMEAL MUSH WITH APPLES.

Core apples, leaving large cavities, pare and cook until soft, in syrup made by boiling sugar and water together, allowing 1 cup sugar to 1½ cups water. Fill cavities with oatmeal mush. Serve with sugar and cream. The syrup should be saved and re-used.

POTATO PUFFS.

Take cold roast meat, chop fine, season with pepper and salt, make a paste of mashed potatoes and 1 egg, roll it out with a little flour, cut in round pieces, put in meat on one half, fold over and fry.

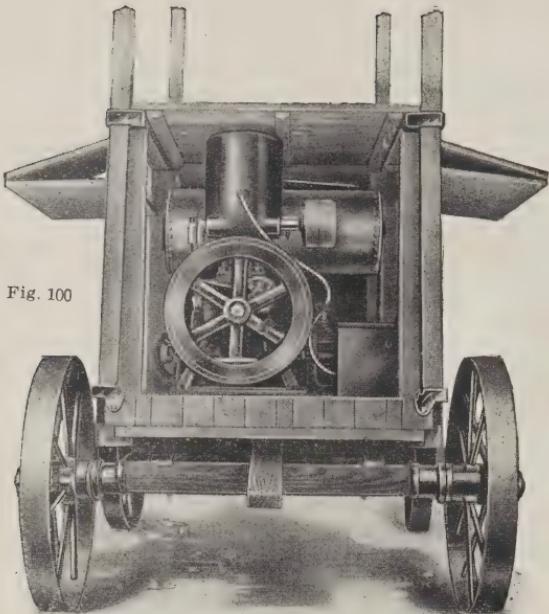


Fig. 100

Rear view of Model C Power Spramotor, automatic in operation, 200 to 250 lbs. pressure, rotary agitator, 10 gal. air chamber, 200 gal. spray tank, 4 in. bed cypress tank, all brass Spramotor and Connections of the highest grade throughout. Ask for particulars.



Fig. 76



Fig. 65

Fig. 76—One of the 10 styles of traction Spramotors for Orchards, Vineyards, Potatoes, Cucumbers, Melons, and Weed destruction.

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OMELET.

Five eggs.

$\frac{1}{2}$ cup of milk or cream.

1 teaspoonful of corn starch or flour.

$\frac{1}{2}$ teaspoonful of salt.

Small $\frac{1}{2}$ teaspoonful of baking powder, stirred in corn starch.

Heat dessert spoonful of butter in small frying pan, pour half out into the eggs.

Stir quickly and pour into pan. Cook partly on top and then put omelet in the oven. When browned nicely, turn one half over the other, first adding a little jelly if liked or a little minced ham, if preferred, or leave perfectly plain and serve with a little parsley. Makes sufficient for four people.—Doctor Augusta Stowe-Gullen.

WELSH RAREBIT.

6 rounds of buttered toast. 2 beaten eggs.

3 tablespoons grated cheese. 1 tablespoon melted butter

2 tablespoons fine crumbs. 1 tablespoon cream.

$\frac{1}{2}$ teaspoon mustard. Pinch cayenne, salt.

Work into a paste, butter, cheese, salt, pepper and cream, then add beaten eggs and crumbs, and spread $\frac{1}{2}$ inch thick on rounds of buttered toast. Bake in oven.

—A. N.



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The onion is a homely plant,
And rank as most that grows,
And yet it beats, to mix with soup
The lily or the rose.

SOUPS

The meat should be cut small, from the bones, take out the marrow, lay bones in the bottom of the stock pot, and put the meat on top, cover with water and let it stand one hour; put on the stove and simmer four or five hours. When vegetables are used, they should be added only in time to become thoroughly done; if in too long, they absorb a portion of the richness of the soup. All vegetables should be fried before adding.

TOMATO SOUP.

6 small or 4 large tomatoes, boiled well with one cup
1 teaspoon soda. of water. When done add
½ teaspoon black pepper. soda, pepper and salt.
1 dessert spoon salt.

In another sauce-pan, have a quart of milk, four crackers broken into it; when the milk has boiled, add the tomatoes and a piece of butter. When butter has melted, soup may be served.

CREAM OF PEA SOUP.

Turn off the liquor from a can of peas. Place peas in a kettle with one quart of new milk, and cook slowly one hour. Strain twice, and add seasoning to taste, salt, celery salt, white pepper, butter, and the liquor. When serving, add one tablespoon of whipped cream to each bowl.

STOCK FOR SOUP.

1 shin of beef.	5 quarts cold water.
1 onion.	1 carrot.
1 turnip.	2 bay leaves.
1 sprig parsley.	12 cloves.
1 stalk celery.	1 tablespoonful salt.

Cut meat from bones, place bones in bottom of granite kettle, lay meat on top of them, and stand kettle on back of stove for one hour, then place over a good fire; after about 30 minutes the scum off the meat will gather on the surface and the water will be-



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gin to steam. Now place it over a more moderate fire; add one cupful cold water, and skim off the scum. Now cover kettle closely and simmer 4 hours, then add vegetables cut fine, and simmer 1 hour longer. Then strain stock through a fine sieve. Add salt, and stand at once in a cold place. When cold, remove all the grease from the surface and it is ready for use.—Mrs. W. T. H.

CREAM OF RICE SOUP.

$\frac{1}{2}$ teacupful rice.	1 quart milk
1 quart white stock.	1 tablespoonful butter
$\frac{1}{2}$ small onion.	1 stalk celery.
1 bay leaf.	Salt and pepper to taste.

Cook rice in water and a little stock. Add this to balance of cold stock with bay leaf, onion and celery. Simmer two hours, press through sieve and return to soup kettle. Add butter, milk, salt and pepper. Stir constantly until it comes to a boil, when it is ready to serve.

If you haven't the celery, use a little celery salt, and less common salt.—H. I. Garner.

CREAM OF CELERY SOUP.

1 small head celery	1 pint water.
1 cupful veal or fowl stock or 1 cupful milk.	1 slice onion.
1 tablespoonful butter.	
1 tablespoonful flour.	Pepper and salt.

Wash celery, cut in small pieces and boil in the water until boiled down to half, then strain, melt butter and flour, cook, stirring constantly, until it rolls free from pan, then add stock (or milk whichever you are using), also celery water VERY GRADUALLY, stirring all the time. Now put in the onion and let it boil. When boiled add sweet pepper, 1 saltspoonful salt and, if liked, a little celery salt. Then strain.—H. I. G.

CHICKEN SOUP.

1 old fowl.	1 onion.
4 quarts cold water.	Yolks of 2 hard boiled eggs.
1 cupful milk.	Pepper and salt.

Boil the fowl with the sliced onion in 4 qts. cold water until there remains but two quarts. Let liquid

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brimful of useful hints
on Clothes Washing.



Playtime

get cold, skim off fat. Cut off whole breast, chop fine and mix with the pounded yolks, rub through colander add to liquid, season, and simmer ten minutes.

When ready to serve, add 1 cupful boiling milk. The eggs and chicken could be chopped very fine, instead of putting through colander, and, when eggs are scarce, rice well cooked, could be used instead.—H.L.G.

VEGETABLE SOUP.

4 tablespoons of beef drippings or butter.	$1\frac{1}{2}$ potatoes.
1-3 cup carrot.	1 qt. boiling water.
1-3 cup turnip.	1 tablespoon butter.
1-3 cup celery.	$\frac{1}{2}$ tablespoon chopped parsley
$\frac{1}{2}$ cup onion.	1 teaspoon salt.
	$\frac{1}{8}$ teaspoon pepper.

Prepare vegetables and cut in small cubes, cook carrots, turnips, celery and onion in drippings until a delicate brown; add potatoes, cook 2 minutes longer, and then add water, cover and simmer 1 hour. Add water as needed to keep amount of liquid one quart; add butter, parsley and seasoning.—M. M. S. Pettit.

POTATO SOUP.

1 quart milk.	1 pint water.
2 large spoons of mashed potatoes.	Butter the size of an egg.
1 or 2 eggs.	1 tablespoon flour.

Boil milk and add boiling water. Add potatoes, butter, salt and pepper to taste, beat yolks and add $\frac{1}{2}$ cup of cold water and 1 tablespoon flour. Mix smooth and add to boiling soup.

OYSTER SOUP.

1 quart of milk.	1 pint of oysters.
6 tablespoons butter (level)	

Pepper and salt to taste. 4 crackers well crumbled.

Scald milk and liquor from oysters, add salt and pepper, and oysters cut into small pieces, then add butter. When oysters begin to curl, which will be in 3 or 4 minutes, remove from fire and serve.—A.B.C.

NOODLE SOUP.

Place a soup bone or stock in cold water, let it come to a boil, then add salt and pepper. Boil several hours, then add noodles about fifteen minutes before dinner.

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NOODLES.

2 eggs beaten light. Add enough flour to make a stiff dough, roll very thin and let them dry, then roll up like a sheet of music and cut in thin rings. Flour a little before putting in soup.—E. H.

CREAM OF ASPARAGUS SOUP.

1 bunch asparagus.	1 quart milk.
2 tablespoons flour.	1 tablespoon butter.
Salt and pepper.	

Boil the asparagus gently $\frac{3}{4}$ hour. Take from the stove, cut off the tops. Put the milk on to boil. Press the asparagus stocks through a colander, add them to the milk. Rub smooth the flour and the butter, add to the boiling milk and stir until it begins to thicken. Add the asparagus tops, salt and pepper, and serve. — E. H.

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VEGETABLES

Add a tiny pinch of sugar as well as salt to the water in which you boil beets, turnips, carrots, corn, beans and peas. The flavor of the vegetable is thus preserved, as much of the sugar it originally contained is lost in the cooking.

TOMATO SAUCE.

$\frac{1}{2}$ can tomatoes.	2 sprays parsley.
1 cup water.	2 tablespoons butter.
2 cloves.	2 tablespoons chopped onion.
2 allspice berries	4 tablespoons flour.
2 peppers.	$\frac{1}{2}$ teaspoon salt.
1 teaspoon mixed herbs.	$\frac{1}{8}$ teaspoon pepper.

Cook first seven ingredients 20 minutes; brown onion in butter, add flour and seasoning, then tomatoes gradually. Cook until there is no taste of raw starch. Strain.—M. M. S. Pettit.

BAKED POTATOES.

Choose potatoes of uniform size, wash and boil ten minutes, then put in oven and bake, until easily pierced with a fork.—Mrs. R. Green.

POTATO SNOW.

Take large white potatoes and boil them in their skins until tender, drain and dry them near the fire, and peel; put a hot dish before the fire, and rub the potatoes through a coarse sieve into it; do not touch afterwards or the flakes will fall. Serve immediately.

FRENCH FRIED POTATOES.

Cut raw potatoes lengthwise about $\frac{1}{4}$ inch thick, and drop in hot grease. When grease smokes it is too hot. Cook till done—just a few minutes—place in colander, and sprinkle with salt, shaking well to get salt on each piece and to get rid of all surplus grease.

Serve hot without cover on dish.—B. W. G.

GERMAN FRIED POTATOES.

Cut cold boiled potatoes in cubes, place in hot frying pan in which a little bacon dripping and then a bit of butter has been melted, salt and fry a light brown. Serve hot.—B. W. G.



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101

CAULIFLOWER.

Choose those that are compact and of good color. Strip off the outside leaves. Wash them thoroughly, and lay them head downwards in a pan of cold water and salt, which will draw out all the insects. Boil them in plenty of boiling water, with a little salt, and when the stalks are tender they are ready. Then take a pint of the boiling water, stir into it a batter made of a little flour, a little milk and the yolk of an egg ; let it boil a few minutes until as thick as cream. Then put in a piece of butter, a little pepper and salt, and some nutmeg. Serve with the cauliflower while hot.—Mrs. R. W. Jolly.

CREAMED CABBAGE.

One pint of cold, cooked, chopped fine and placed in a bake-dish ; heat one pint of milk ; melt in a saucepan one tablespoonful of butter ; add two tablespoonfuls of flour and then the hot milk, stirring till smooth after each addition ; add one teaspoonful of salt and a little pepper ; pour the milk mixture over the choppe cabbage ; melt two tablespoonfuls of butter, add eight tablespoonfuls of rolled cracker crumbs ; sprinkle this over the top of the moistened cabbage. Bake till hot and a delicate brown.—Mrs. R. W. J.

STEWED CELERY.

Clean the heads thoroughly, take off the coarse, green outer leaves, cut in small pieces and stew in a little broth. When tender add a cup of sweet cream, a teaspoon of flour, butter size of a hickory nut. Season with salt and pepper.

SWISS CHARD.

A relishable vegetable, even the stems are most palatable. Should be cooked slowly for about twice the period used in cooking cabbage. When cooked strain off water, add butter, salt and pepper to taste.—E. Poole, St. Catharines.

FRIED PARSNIPS.

Boil tender in a little hot salted water, scrape, cut into long slices, dredge with flour, fry in hot lard or drippings, or in butter and lard mixed ; fry quite brown. Drain off fat and serve. Parsnips may be boiled and mashed same as potatoes.—A. J. W.



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TORONTO

CUCUMBER A LA CREME.

Peel and cut into slices (lengthwise) some fine cucumbers. Boil them until soft, salt to taste, and serve with delicate cream sauce.—A. J. W.

BAKED SQUASH.

Wash, cut into halves, remove seeds, and bake until tender. Scoop out flesh from rind, season with salt, pepper and butter.—F. L. Biggar.

BOILED SQUASH.

Peel, cut into inch pieces and cook in a very little water, cooking it down dry. Put through a fruit press and season.—Mrs. J. E. Biggar.

BAKED BEANS.

Soak one quart small white beans over night in cold water. Pour off all the water, cover with fresh, and pour off again. Put over the fire with enough fresh water to cover the beans, and $\frac{1}{2}$ salt spoon soda. When the water begins to boil, pour it off at once, and put the beans in a colander. Allow fresh water to run through them, rinsing them thoroughly. This gives them the firmness which keeps them from getting mushy.

Lay a very thin piece of salt pork in the bottom of the bean pot. Put a whole small onion on the pork, and pour in the beans. Take 1 lb. of salt pork, score the rind every $\frac{1}{2}$ inch, and press into the beans, allowing just the rind to show. Add a teaspoon of salt, unless the pork is very salt; if it is, only $\frac{1}{2}$ teaspoon. Add a saltspoon of ground mustard and 4 tablespoons molasses. Cover with cold water, set in a slow oven, and bake from 8 to 10 hours, having a slow, steady heat. As the water boils off add more, but be sure that it is boiling, and do not add water within an hour of serving.—Mrs. A. Wills.

GREEN CORN OYSTER.

To 1 pint of corn add a well beaten egg

$\frac{1}{2}$ cup cream

$\frac{1}{2}$ cup flour

$\frac{1}{2}$ teaspoon B. powder, sifted into flour; season with pepper and salt, fry in butter, dropping the batter in spoonsful. Serve a few at a time, very hot, as a relish with meat.



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ARTICHOKEs.

Peel artichokes as one would potatoes. Boil until tender ; (if young and tender, take about 20 minutes ; if old, it takes about $\frac{3}{4}$ hours.) Make cream sauce of
1 tablespoonful of butter
 $\frac{1}{2}$ cupful flour
1 pint milk.

Boil about five minutes. Pour over and serve hot.—Mrs. B. W.

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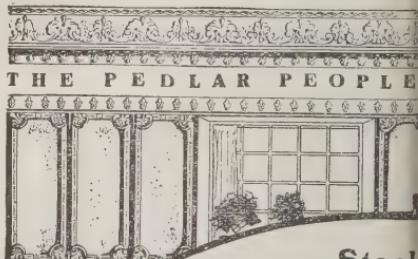
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'Twas merry when you wagered on your angling,
When your diver did hang a salt-fish on his hook,
Which he with fervency drew up.

—Anthony and Cleopatra.

FISH

BUYING FISH.

Fish should be firm to the touch. There should be no impression left after pressing with the fingers ; if it is fresh, the eyes are bright, the gills red, and scales not easily rubbed off. Fresh salmon has between the flakes a creamy white curd, which will solidify within 24 hours.

TO BROIL SALMON.

Cut the slices from the thick part of the fish. Butter a piece of paper, put in the slices, broil them over a fire for fifteen minutes, take off the paper, dish them on a napkin. Garnish with parsley.

BOILED FISH.

Into a baking pan filled with water, put 2 cloves, 2 whole allspice, 1 bay leaf, $\frac{1}{8}$ of a lemon. Let boil 20 minutes. Cut the fish croosways into steaks about $\frac{1}{2}$ inch thick, and drop into the boiling water, and push to back of stove and cover for 20 minutes, but do not let boil again. Fish will remain hard and still be cooked through.—B. W. G.

Never cover fish while frying, as it will soften them.

SALMON LOAF.

1 can salmon.	2 teaspoons salt.
1 cup breadcrumbs.	$\frac{1}{2}$ teaspoon pepper.
1 $\frac{1}{2}$ cups milk.	1 dessert spoon butter.
4 eggs.	

Put milk and crumbs in a pan and cook until a thick paste ; add pepper, salt and butter, then the eggs and salmon, with skin and bones removed. Pour into a buttered dish and steam, till a knife blade comes out free as from custard. Serve cold, cut in slices. Garnish with parsley.—Mrs. A. Mewburn.

SHREDDED WHEAT, OYSTER, MEAT OR VEGETABLE PATTIES.

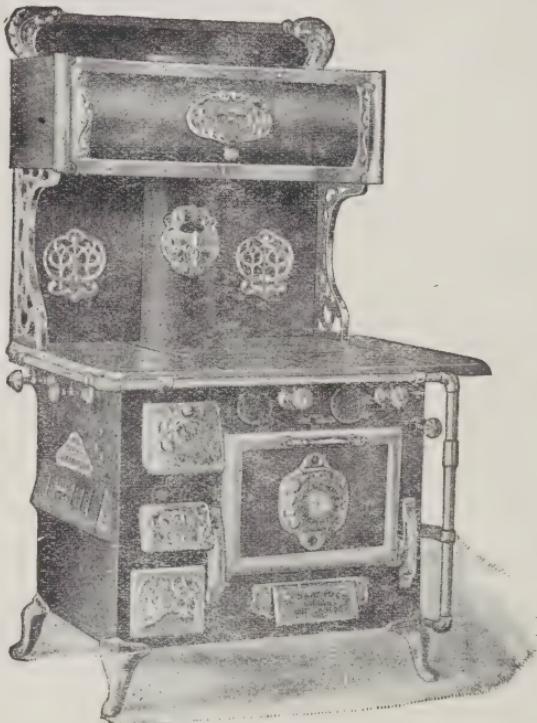
Cut oblong cavity in top of biscuit, remove top carefully, and all inside shreds, forming a shell.

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Blake L. Booth, Welland
H. J. Conn & Co., St. Catharines

N. B.—It matters not when you read this advertisement, if it is ten years old, McCrary's Cooking Requirements will be that much more up-to-date.

Sprinkle with salt and pepper. Put small pieces of butter in bottom, and fill the shell with drained, picked and washed oysters. Season with additional salt and pepper. Replace top of biscuit over oysters, then bits of butter on top. Place in covered pan and bake in moderate oven. Shell fish, vegetables, or meat may also be used.

BOILED SALT CODFISH.

Cut the fish into small pieces, cover with cold water, set on back part of stove, when hot pour off water and cover again with cold water. Let it stand about 4 hours, and simmer, not boil. Put the fish on a platter, then cover with drawn butter gravy and serve. Some cooks prefer soaking over night.

OYSTERS.

Oysters must be fresh and fat to be good. They are in season from September to May. The small ones, such as are sold by the quart, are good for pies, fritters or stews; the largest of this sort are nice for frying, or pickling.

STEAMED OYSTERS.

Wash and drain a quart of select oysters, put them in a shallow pan, and place in a steamer over boiling water, cover and steam till they are plump, with the edges ruffled, but no longer. Place in heated dish, with butter, salt and pepper, and serve.

BOILED WHITE FISH.

Clean and wash fish. Put in cold water enough to cover, add salt and one tablespoonful of vinegar. Serve with anchovy sauce.—Mrs. A. Marsh.

BAKED WHITE FISH.

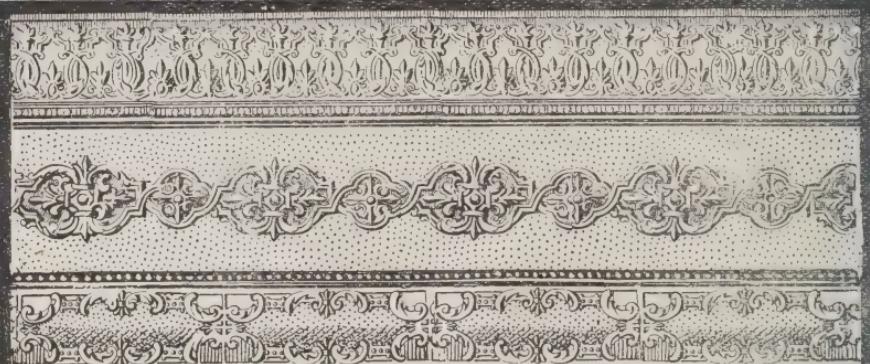
Prepare fish for cooking, clean and wash thoroughly, make veal stuffing, bread crumbs, beef suet, juice and rind of a lemon, summer savory, pepper and salt. Fill fish with stuffing. Bake in moderate oven.—Mrs. A. M.

SALMON PATTIES.

Pick salmon finely and add six shredded cream crackers, pepper and salt, 1 egg. Fry in butter.

FILLET OF FISH.

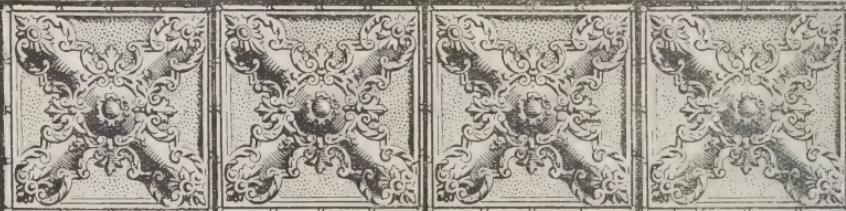
1 tin salmon. Break into baking dish with 2 cups sweet milk, 1 cup cracker or bread crumbs, butter size of walnut; stir together, or layer of fish and layer of crumbs. Serve with baked potatoes, hot.—Mrs. B. W.



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And some would eat that want it,
But we hae meat, and we can eat,
So let the Lord be thankit."

—Burns.

Meats and Poultry

BEEF.

ROAST BEEF.

Allow 15 minutes to each pound of beef. Prepare by wiping with a dry napkin (never washing). Rub over it a little salt and pepper, and put into a dry pan to roast in a hot oven. The heat will soon seal in the juices, and retain them until the piece is cut at the table. Baste occasionally. If the flavor of sweet herbs and vegetables (as carrot, turnip, onion), is relished in the gravy, put a few slices of these last with a bay leaf and a little thyme and parsley, into the pan, to make a bed on which to lay the beef. When it is done, add more seasoning, remove the beef, (take out the vegetables, if used), add hot water to the gravy and thicken. Serve over the meat or in a gravy boat.

YORKSHIRE PUDDING.

3 eggs.	1 pint milk.
$\frac{1}{2}$ teaspoonful salt.	6 rounded tablespoons flour.

Beat eggs with $\frac{1}{2}$ teaspoon salt, stir in one pint of milk (two coffee cups), mix it a little at a time with six rounded tablespoons flour, when free from lumps strain the batter into a shallow dish, well greased, and bake. The dish should be heated when the batter is poured in. This is a delicious accompaniment to roast beef.—Mrs. A. Mewburn.

MEAT PIE.

3 lbs. boiling beef, cut fine, and cooked tender.	A few potatoes.
1 onion.	Ordinary pie paste.
Pepper and salt.	

Line sides of deep dish with pie paste, put an inverted egg cup in centre to hold up the top crust. Nearly fill the dish with the beef, potatoes and onion, salt and pepper it as liked, put on a top crust, and bake in a moderate oven.—Mrs. Wm. Barker.

J. W. SPECK

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BEEFSTEAK.

You may talk of spring chicken and quail upon toast,
 Or anything else of which epicures boast,
 But when you are hungry there's nothing can take
 The place of a juicy and savory steak.

Two inches in thickness it ought to be cut,
 With snowdrifts of fat on it sweet as a nut ;
 And always remember when buying it, that
 Prime beef must be streaked and covered with fat.

Quick, turn it and turn it with many returns,
 While melting fat merrily blazes and burns,
 Imparting rich flavor. Keep turning, and—there,
 'Tis done, with its inside red, juicy and rare.

Now pepper and salt it and on a hot plate
 Enjoy it at once—not a moment to wait,
 And then you'll acknowledge that nothing can take
 The place of a luscious and juicy beefsteak.

BROWN STEW.

1 lb. beef.	1 very small onion.
1 cup cold water.	$\frac{1}{4}$ cup carrots.
2 tablespoons flour.	$\frac{1}{4}$ cup turnips.
$\frac{3}{4}$ teaspoon salt.	$\frac{1}{8}$ teaspoon pepper.

Put meat into stew pan to fry out. Cut meat into pieces about 2 inches square, and roll it in flour, put in hot fat and stir over the fire till nicely browned. Add water, cover closely and simmer. Cut onion into thin slices, add vegetables, salt and pepper, cook $2\frac{1}{2}$ hours. (An excellent way to serve the cheaper cuts of meat).

IRISH STEW.

Irish stew, Irish stew !
 Whatever else my dinner be,
 Twice a week, twice a week
 I'll have a dish of stew.

Mutton chops and onions sliced,
 Let the water cover,
 With potatoes fresh and nice,
 Boil, but not quite over.

—Miss Prest.



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A dainty, wholesome, appetizing meal can be prepared with Shredded Wheat Biscuit "in a jiffy." It is ready-cooked and ready-to-serve. You can do things with it that are not possible with any other "breakfast food." It is the only cereal food made in Biscuit form. Combined with fresh or preserved fruit, or with creamed meats or creamed vegetables, or simply eaten as a breakfast food with milk or cream, it is delicious, nourishing and satisfying.

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MADE BY

The Shredded Wheat Company
Niagara Falls, N.Y.

HOW TO COOK BEEF STEAK.

Pound well your meat, till the fibres break ;
 Be sure that next you ha'e to broil the steak ;
 Good coal in plenty, nor a moment to leave,
 But turn it over this way, and then that.
 The lean should be quite rare, but not the fat ;
 The platter now, and then the juice receive ;
 Put on your butter, put it on your meat,
 Salt, pepper, turn it over, serve and eat.

TO CLEAN TRIPE.

Wash in several cold waters. Put in a large dish and cover with water, to each gallon of which a tablespoonful of washing soda has been dissolved. Let stand four or five hours, or less. Drain, scrape and wash carefully. Then it will be nice and white. Put on stove and boil very slowly three, four or five hours, changing the water three times. When tender, cut in pieces, 3 or 4 inches square. Put in jars, and to each 2-quart jar, put 1 dozen cloves, 1 dozen allspice, and $\frac{1}{2}$ dozen whole peppers, cover with weak vinegar. Can be eaten cold, or, if preferred, can be fried in a little butter and served hot.

TO PICKLE OR CORN BEEF.

Pack in barrel and weight down, then for every 100 lbs. of meat use—

6 lbs. of salt,
 2 oz. of salt petre,
 2 lbs. brown sugar.

Dissolve in enough water to cover meat. Keep in a cold place. Will be ready in three weeks.—Mrs. J.E.B.

BEEF STEW WITH DUMPLINGS.

2 lbs. of meat.	2 tablespoons flour.
2 cups potatoes (cut).	Salt and pepper to taste.
$\frac{1}{2}$ onion cut in thin slices.	

Put the meat in a kettle, cover with boiling water, and boil 5 minutes, then simmer about 3 hours. Add onion, salt and pepper, the last hour of cooking. Parboil the potatoes 5 minutes, and add to the stew 15 minutes before taking from the fire ; remove the bones, large pieces of fat and skin, thicken with flour diluted with enough cold water to pour easily. Pour into a deep hot platter and surround with dumplings.

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Dumplings.

2 cups flour.	2 teaspoons butter.
4 teaspoons B. powder.	$\frac{3}{4}$ cup milk.
$\frac{1}{2}$ teaspoon salt.	

Mix and sift all dry ingredients. Work in butter with tips of fingers. Add milk gradually, toss on a flowered board and roll to $\frac{1}{2}$ inch thick; shape with a biscuit cutter, first dipped in flour. Place closely in a buttered steamer and steam 12 minutes.—Mrs. R. Green.

STEWED BEEF KIDNEY.

Cut the kidney into slices, season highly with pepper and salt, fry it a light brown, take out the slices, then pour a little warm water into pan, dredge in flour, put in slices of kidneys again, let them stew very gently. Add some parsley, if liked.

BEEF LOAF.

3 lbs. lean steak.	1 egg.
4 crackers.	Butter size of an egg.
1 cupful milk.	1 teaspoonful salt.
$\frac{1}{2}$ teaspoonful pepper.	

Chop steak fine, roll crackers fine, mix all well together. Knead into loaf shape. Bake $1\frac{1}{2}$ hours in a slow oven, basting well with butter and water melted together.—Mrs. Geo. Robinson.

VEAL.

Run, bossy, run,	
Here comes the prodigal son !	
3 $\frac{1}{2}$ lbs. chopped veal.	1 grated nutmeg.
1 teaspoon pepper.	1 tablespoon cream.
1 tablespoon salt.	Butter size of egg.
2 eggs, leaving out the white of one.	

Mix well, and press tight in a dish to form a loaf. Turn out and spread the white of the egg over the loaf. Sprinkle with cracker crumbs. Bake $1\frac{1}{2}$ hours.—Mrs. Cramp.

CASSEROLE OF RICE AND MEAT.

2 cups chopped meat.	1 tablespoon chopped parsley.
1 teaspoon salt.	1 egg.
$\frac{1}{4}$ teaspoon pepper.	$\frac{1}{4}$ cup fine bread crumbs.
$\frac{1}{4}$ teaspoon onion juice.	4 cups cooked rice.

Season meat, mix with bread crumbs and beaten

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Niagara Falls, Ont.

egg, and add enough meat stock or boiling water to make mixture pack easily. Line a greased mould or dish with three cups rice, fill with meat, cover with remainder of rice, cover tightly and steam 45 minutes. Serve with tomato sauce.—M. M. S. Pettit.

VEAL CROQUETTES.

Take very fine minced veal, moisten with cream, and a beaten egg, season with salt, sweet marjoram, and a little pounded mace; form into small cones; crumb the outside and fry, or else set in an oven and bake, basting frequently.

ROAST DUCK.

Draw and clean, washing inside in three waters, the second having a teaspoon of baking soda mixed with it. Plunge into cold water, leave there 15 minutes, wipe well inside and out, and stuff with a forcemeat of dry crumbs, seasoned with salt, pepper, onion juice and finely minced parsley; sage if desired. Do not moisten stuffing. Put it in dry, packing well. Dredge with peppered and salted flour. Lay upon the grating of roaster, pour a cupful of boiling water over, and roast, covered, from 12 to 15 minutes to the pound, according to age. Baste with gravy. Uncover, wash with butter, dredge with flour and brown gravy; drain off the liquor, set in ice water to throw up grease. Strain, add giblets minced very fine, thicken with browned flour, boil 2 minutes.—Mrs. R. L.

DRESSING FOR TURKEY OR CHICKEN.

Take a small loaf of bread, cut away all the crust and grate dry. $\frac{1}{4}$ lb. or more of butter and rub through the bread; salt, pepper, and good bunch of parsley, chopped fine. Grate 1 nutmeg, and mix all together. The amount of bread and butter used depends upon the size of the fowl.—Doctor Augusta Stowe-Gullen.

BOILED PORK.

Soak in water a few hours, and put on to boil in enough cold water to cover, cook slowly till tender. Let it remain in the kettle to cool; take off the skin and smoky parts. Dust with cracker crumbs, having first coated with an egg. Put in the oven and bake slowly 1 hour.

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TO MAKE SAUSAGE (Reliable).

Mix together 2 parts salt to 1 part pepper, then use $\frac{1}{2}$ ounce of this mixture to 1 lb. of sausage meat; add sage to taste.

TO PICKLE PORK.

While pork is not frozen, pack as closely as possible in barrel, weight it down and cover with brine, make brine strong enough to float an egg. To every 100 lbs. of meat, allow 2 ozs. of salt petre. Keep in a cold place. Will be pickled in 3 weeks. Can be kept in brine much longer if kept frozen. Use hard water for brine.—Mrs. J. E. Biggar.

JELLIED TENDERLOIN.

2 lbs. tenderloin.	1 sprig celery.
1 teaspoon salt.	Pinch cayenne pepper.
$1\frac{1}{2}$ tablespoons powdered gelatine (Knox).	

Remove fat from tenderloin, place in kettle, sprinkle with salt and pepper. Cover with boiling water, cover kettle closely. Cook gently until meat is tender ($1\frac{1}{4}$ hours). Remove the meat, and pack into a mould. Add enough water to juice to make $1\frac{1}{2}$ cups. Dissolve gelatine in water, boil, strain over meat. Put in a cold place for at least 3 or 4 hours. Turn on a platter. Garnish with lettuce or parsley.

FRICASEED CHICKEN.

Stew a yearling hen till tender, then brown 2 cups of tomatoes, 1 green pepper or $\frac{1}{2}$ teaspoon cayenne, 1 onion chopped fine. Then thicken gravy.—Mrs. Cramp.

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CAKES

To get a fine grained cake, beat thoroughly after the flour is added. Sweet milk makes cake that cuts like pound cake. Sour milk makes light spongy cake. Always sift flour before measuring, then sift again with the baking powder. If cake cracks open while baking, the recipe contains too much flour. In creaming butter and sugar, when butter is too hard, warm the sugar or bowl, or both, but never warm the butter, as it will change both flavor and texture of cake. Small cakes require hot oven. Large cakes require slow baking.

For general directions in cake making, cream butter and sugar, sift baking powder with flour, dissolve soda in milk or hot water, and whites of eggs folded in last.

APPLE SAUCE CAKE.

1 cupful brown sugar.	1 cupful seeded and chopped raisins.
$\frac{1}{2}$ cupful butter.	
1 cupful hot apple sauce.	1 teaspoonful Bak. powder.
1 teaspoonful soda.	1 teaspoonful cinnamon.
1 $\frac{1}{2}$ cupfuls flour.	1 teaspoonful nutmeg.

Cream butter and sugar, dissolve soda in the apple-sauce, sift baking powder and flour together, and bake forty-five minutes.—Mrs. Middleton.

BRIDE'S CAKE.

2 cupfuls sugar.	3 cupfuls flour.
$\frac{3}{4}$ cupful butter.	$1\frac{1}{2}$ teaspoonsfuls B. powder.
$\frac{1}{2}$ cupful sweet milk.	8 eggs (whites).

Flavoring.

Beat whites of eggs very stiff, add sugar a little at a time after creaming butter. Then put in milk and sift flour before measuring. Fold in beaten whites as light as possible. Bake about fifty minutes in moderate oven.—Mrs. A. Wills.

SOUR MILK CHOCOLATE CAKE.

1 cupful sugar.	2 eggs (yolks).
2 tablespoonfuls butter.	$1\frac{1}{4}$ cupfuls flour.
$\frac{1}{2}$ cupful sour milk.	2 teaspoonfuls vanilla.
$\frac{1}{2}$ teaspoonful soda.	$\frac{3}{4}$ cupful Cowan's grated chocolate.

Mix butter and sugar together, add egg yolks, then sour milk, soda dissolved in a little hot water and chocolate mixed with enough hot water to dissolve it. Bake in moderate oven.



COCOANUT CAKE.

2 cupfuls powdered sugar.	3 cupfuls flour.
$\frac{1}{4}$ cupful butter.	2 teaspoonfuls B. powder.
1 cupful milk.	6 whites of eggs.
	1 teaspoonful lemon essence.

Bake this as a loaf cake, and the next day cut off the upper and lower crusts, trim the brown off the sides and slice it in four layers. Grate two cocoanuts and put in the icing and put between layers and on top. When cut it will be perfectly white all through and a very handsome cake.—Mrs. R. W. Jolly.

DATE CAKE.

2 cupfuls brown sugar.	3 $\frac{1}{2}$ cupfuls flour.
$\frac{1}{2}$ cupful butter.	1 pound dates.
$\frac{1}{2}$ cupful lard.	1 pound raisins.
1 cupful sour milk.	$\frac{1}{2}$ pound walnut meats.
1 teaspoonful soda.	2 eggs.
$\frac{3}{4}$ teaspoonful salt.	1 teaspoonful cinnamon.

Mrs. J. Barbeau.

PUFF CAKE.

2 cupfuls sugar.	3 eggs.
$\frac{3}{4}$ cupful butter.	3 cupfuls flour.
1 cupful milk.	2 teaspoonfuls baking powder.

Bake quickly.—Mrs. Georgina Webber.

EGGLELESS CAKE.

2 cupfuls sugar.	2 cupfuls chopped raisins.
$\frac{1}{2}$ cupful butter.	3 $\frac{1}{2}$ cupfuls flour.
2 cupfuls sour milk.	$\frac{1}{2}$ teaspoonful each of cloves, cinnamon, mace and nutmeg.
2 teaspoonfuls soda.	

Bake slowly.—Miss Prest.

THE PRESIDENT'S CHRISTMAS CAKE.

1 pound butter.	1 pound pineapple.
1 pound sugar.	1 lb. blanched almonds.
1 lb. flour, browned and sifted.	1 lb. shelled peanuts.
12 eggs beaten separately.	1 tablespoonful cinnamon.
5 pounds seeded raisins.	1 tablespoonful nutmeg (scant).
1 $\frac{1}{2}$ lbs. citron peel, shredded.	$\frac{1}{2}$ tablespoonful allspice.
1 glass grape jelly.	1 teaspoonful cloves (scant).
2 teaspoonfuls melted Cowan's chocolate.	1 glass grape juice.
1 lb. Crystallized cherries.	2 teaspoonfuls rose water.

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Soak almonds over night in rose water and the fruit in grape juice, cream sugar and butter, add well-beaten yolks of eggs, then spices, grape jelly and chocolate; next add well beaten whites of eggs and part of flour. Cut fruit and nuts in small pieces and roll in the rest of the flour, mixing it into the cake in small quantities at a time. Bake or steam four or five hours in small or large moulds. If steamed, dry off in slow oven for one hour. Very good.—Mrs. A. W. Marsh.

SPICE CAKE.

1 cupful sugar.	2 cupfuls flour.
1 cupful butter or lard.	1 teaspoonful soda.
1 cupful sour milk.	1 teaspoonful cloves.
$\frac{1}{2}$ cupful currants.	J. H.

SPONGE CAKE.

$1\frac{1}{2}$ cups granulated sugar.	3 eggs.
$1\frac{1}{2}$ cups flour (after it is sifted).	1 cup boiling water (not quite full).
1 teaspoon sifted baking powder.	$\frac{1}{2}$ teaspoon vanilla. Pinch of salt.

Beat together until smooth and foamy, sugar, eggs and salt; add slowly the flour. When all the flour is stirred in smoothly, add slowly the boiling water. Last add the baking powder and vanilla. Stir only just enough to fold the baking powder into the batter. Bake in a slow oven 60 minutes. This recipe cannot be recommended too highly. It makes a cake almost as delicate as angel food, and is very economical. Use the same cup in measuring all the way through, an ordinary coffee cup.—Mrs. Jas. Woolnough.

SILVER CAKE.

Whites of four eggs.	1 cupful white sugar.
$\frac{1}{2}$ cupful butter.	Nearly $\frac{3}{4}$ cupful sweet milk.
3 even teaspoonfuls baking powder.	

Flour to make a drop batter. Pinch salt. $\frac{1}{2}$ teaspoonful vanilla.

GOLD CAKE.

Ingredients same as for silver cake, using the yolks of eggs instead of whites.

SPANISH BUN.

1 whole egg.	1 cupful sweet milk.
3 yolks egg.	$\frac{1}{2}$ cupful butter.
1 cupful sugar.	2 cupfuls flour.
3 teaspoonfuls baking powder.	

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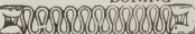
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SPIRELLA BONING



1 dessert spoonful spices (mostly cinnamon and nutmeg with a little allspice).

Cream butter and sugar, add eggs well beaten, then milk, spices, and lastly flour and powder sifted.

Bake in a long tin, and frost with following :
Icing.

Whites of 3 eggs. 1 cupful white sugar.

Beat eggs dry, add sugar, beat well, spread over cake, and place in oven until well browned.

It is best to leave this cake in the tin until used. Being very rich, it is apt to break.

SCRIPTURE CAKE.

4½ cupfuls I Kings IV—22.	1½ cupfuls Judges V—25 (last clause).
2 cupfuls Jeremiah VI—20.	2 cupfuls I Samuel XXX—12.
2 cupfuls Nahum III—12.	1 cupful Numbers XVII—8.
½ cupful Judges IV—19.	2 teaspoonfuls I Samuel XIV—25.
2 teaspoonfuls Amos IV—5.	6 of Jeremiah XVII—11.
1 pinch of Leviticus XI—13.	Season to taste with II Chronicles IX—9.

WHITEVALE NUT CAKE.

1 cupful white sugar.	½ cupful butter.
½ cupful sweet milk.	2 cupfuls sifted flour.
2 eggs.	2 teaspoonfuls baking
1 coffee cupful seeded and chopped raisins.	powder.
1 coffee cupful chopped English walnuts.	

Beat butter to a cream, add sugar, when light, eggs well beaten, then milk, flour and baking powder — the two latter sifted together. Dust raisins and nuts with flour, and add last.

Bake in a moderate oven.

This recipe never fails, if directions are followed.

Mrs. W. T. H.

ONE EGG CAKE.

1 egg.	1 cupful sugar.
1 tablespoonful butter.	2 cupfuls flour.
1 cupful $\frac{1}{2}$ milk $\frac{1}{2}$ water.	2 teaspoons baking powder.

Mrs. McPherson.

AUNT DELIA'S JOHNNY CAKE.

Some like it hot, some like it cold. You take a cup of cornmeal, a cup of flour, a teaspoon soda, and

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two of cream tartar dissolved in a cup of sweet milk, and a tablespoon of butter. Then add salt and two tablespoons of sugar or Gingerbread brand molasses for sweetening. One egg may be used, but it is not necessary.

SOFT GINGER BREAD.

$\frac{1}{2}$ cupful brown sugar.	$2\frac{1}{2}$ cupfuls flour.
$\frac{1}{2}$ cupful butter.	1 teaspoonful ginger.
1 cupful molasses (Gingerbread brand).	1 teaspoonful cinnamon. 1 teaspoonful cloves.
1 cupful boiling water.	2 eggs.
2 teaspoonfuls soda.	

Eggs to be beaten well and added just before baking.—Miss G. E. Gallinger.

WHITE GINGER BREAD.

4 cups flour.	2 eggs.
1 cup butter.	1 teaspoon soda.
2 cups sugar.	$\frac{1}{2}$ teaspoon cinnamon.
1 cup sour milk.	1 teaspoon ginger.
	$\frac{1}{2}$ nutmeg grated.

Rub flour and butter until they are reduced to crumbs. Add the sugar, and rub until the mixture is once more crumbly. Measure out 2 cupfuls of the crumbs, and set away in a cold place. Into the remaining crumbs add the eggs. Add soda to milk, and turn into the mixture. Then add the nutmeg, cinnamon and ginger. Butter a dripping pan, measure out one cupful of the crumbs that were set aside, and spread them evenly over the bottom of the pan. Then spread the batter over them, and spread the rest of the crumbs on top, and bake in a moderate oven.

ROLLED JELLY CAKE.

3 eggs.	1 cupful white sugar.
2 tablespoonfuls sweet milk.	1 cupful sifted flour.
	$1\frac{1}{2}$ teaspoonfuls baking powder.

Beat eggs well, add sugar, milk, and lastly flour and powder, which have been sifted together. Bake in two small shallow tins. Roll while hot.—H.I.G.

ORANGE CAKE.

2 eggs.	$1\frac{1}{2}$ cupfuls flour.
1 cupful sugar.	2 teaspoonfuls baking powder.
$\frac{1}{2}$ cupful hot water.	Grated rind of one orange.

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Filling.

1 cupful milk.	1 egg.
1 teaspoonful flour.	2 teaspoonfuls sugar.
1 teaspoonful corn starch.	Grated rind of orange.

Boil together, adding grated rind after the mixture thickens. Mix frosting with orange juice. — Alice J. Willcox.

SPICE CAKE.

1 cupful sugar.	1 cupful sour milk.
4 tablespoonfuls melted butter.	1 teaspoonful soda.
	3 cupfuls flour.
$\frac{1}{2}$ cupful molasses (Ginger bread brand).	1 pinch of salt.
2 eggs.	1 teaspoonful each of spices.

Bake in layers and put together with boiled icing.—Mrs. R. Green.

CHOCOLATE CAKE.

$\frac{1}{4}$ cake of Cowan's chocolate.	$\frac{1}{2}$ cupful sugar.
late.	2 yolks eggs.
$\frac{1}{4}$ cupful milk (sweet).	

Cook sugar, milk and chocolate together, and when hot add the beaten yolks. Flavor with vanilla and set aside to cool.

1 egg.	1 cupful milk (sweet).
$\frac{1}{2}$ cupful sugar.	$1\frac{1}{2}$ cupfuls flour.
$\frac{1}{2}$ cupful butter.	$\frac{1}{2}$ teaspoonful soda.

When the other mixture is cool, stir the two together. Dissolve soda in milk. Bake in layers, and put cooked icing between.—Mrs. S. Birkett.

ICINGS AND FILLINGS.

COOKED ICING.

1 cupful sugar, scant $\frac{1}{2}$ cupful water. When it comes to a boil, add 1 teaspoonful vinegar and do not stir. Beat white of one egg to stiff froth and when sugar syrups pour it in egg, beat lightly and well, flavor with lemon or vanilla. Have cake cold and icing warm when used.

UNCOOKED ICING.

2 cupfuls powdered sugar.	2 tablespoonfuls clear strong coffee or milk.
1 tablespoonful butter.	
4 teaspoonfuls Cowan's cocoa.	1 teaspoonful vanilla

Cream sugar and butter together, add other ingredients.

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ORANGE ICING.

Juice and grated rind of one orange with powdered sugar sufficient to spread well.—S. A. R.

LEMON FILLING.

1 lemon (juice and grated rind).	1 cupful sugar.
	4 tablespoonfuls water.
1 egg.	

Cook over steam.

FILLING FOR LAYER CAKE.

1 large tablespoonful butter.	1 egg.
$\frac{1}{2}$ cupful white sugar.	2 sour apples.
	Grated rind of 1 lemon.

Beat egg, cream butter and sugar, grate apples, add lemon to butter and sugar; mix all together. Simmer on edge of stove a few minutes and spread on cake. Use while fresh.

BOSTON COOKIES.

1 cupful butter.	1 teaspoonful salt.
1 $\frac{1}{2}$ cupfuls brown sugar.	1 teaspoonful cinnamon.
3 eggs.	1 cupful chopped nuts.
1 teaspoonful soda.	1 cupful chopped and seeded raisins.
1 $\frac{1}{2}$ teaspoonfuls boiling water.	1 cupful currants.
3 $\frac{1}{4}$ cupfuls flour.	

Drop on buttered sheet and bake in moderate oven
—Miss G. E. Gallinger.

MACAROONS.

Whites of 3 eggs beaten very stiff.	Pinch of salt.
$\frac{1}{2}$ lb. icing sugar.	Flavor with vanilla.
$\frac{1}{2}$ lb. cocoanut.	

Stir all together lightly. Drop in teaspoonfuls on scantily buttered tin. Bake in moderate oven twenty minutes.—Mrs. G. S. Phemister.

FRIED CAKES.

2 eggs.	1 cupful white sugar.
Butter size of walnut.	1 cupful sweet milk.
Pinch salt.	3 teaspoonfuls baking powder.
1 teaspoonful cinnamon.	$\frac{1}{2}$ teaspoonful nutmeg.
Flour.	

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Cream butter and sugar, add eggs (whites and yolks beaten separately), milk and spices. Sift one pint flour with the salt and powder. Stir into first mixture. Add more flour until dough is VERY soft. Cut in rings or twisters. Fry in deep, hot lard. Place on heavy brown paper until grease has run off.—J.A.W.

BERTA'S DATE BARS.

2 cupfuls rolled oats.	$\frac{1}{4}$ teaspoonful salt.
2 cupfuls flour.	3 teaspoonfuls baking
$\frac{1}{2}$ cupful sugar.	powder.
$\frac{1}{2}$ cupful milk.	2 cupfuls dates.
$\frac{1}{2}$ cupful shortening.	$\frac{1}{2}$ cupful water.

Wash and stone dates, and cook in the water. Mix oats, flour, powder, salt, sugar and shortening together, add milk. Roll paste out very thin, put layer in big baking pan, spread with the date mixture, then put another layer of thin paste on top.

Bake 20 or 25 minutes. Cut in bars while hot. — Mrs. Geo. C.

OATMEAL DROP CAKES.

2 eggs.	$\frac{3}{4}$ cupful butter.
1 cupful of either white or brown sugar (white makes them more cris- py).	
2 cupfuls oatmeal.	3 small cupfuls flour.
1 cupful molasses ($\frac{1}{2}$ Ginger- bread brand & $\frac{1}{2}$ syrup).	
1 teaspoonful soda.	1 teaspoonful ginger.

Cream butter and sugar, add eggs well beaten, mix flour, oatmeal and ginger. Dissolve soda in a little molasses, add to first mixture, then add flour, etc. Drop a large teaspoonful, 2 inches apart on tin and bake in a hot oven.

GINGER COOKIES.

2 cupfuls (Gingerbread brand) molasses.	1 cupful brown sugar.
$\frac{1}{2}$ cupful butter.	$\frac{3}{4}$ cupful sour milk.
$\frac{1}{2}$ cupful lard.	A little salt.
1 teaspoonful (heaping) saleratus.	2 teaspoonsfuls even of gin- ger. Flour.

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Cream butter, lard and sugar, dissolve saleratus in a little sour milk. To first mixture add salt, ginger, molasses, sour milk, also saleratus mixture, and lastly flour to make soft dough. Roll thin and bake at once.

GINGER SNAPS.

1 cupful molasses (Ginger- bread brand).	1 teaspoonful ginger.
1 cupful sugar.	1 teaspoonful salt.
4 tablespoonfuls boiling wat- er put in a cup and fill cup with melted butter. 1 teaspoonful soda.	
Mix as soft as you can. Roll out as thin as a knife blade and bake.—Mrs. C. Cole.	

SOUR MILK COOKIES.

1 cupful sour or butter- milk.	1 cupful white sugar.
1 cupful lard.	1 teaspoonful soda in milk.
1 cupful brown sugar.	1 teaspoonful baking pow- der in flour.

Gertrude Prest.

SUGAR COOKIES.

2 cupfuls white sugar.	1 pinch salt.
1 cupful lard.	1 teaspoonful soda in
2 eggs.	2 tablespoonfuls boiling water
$\frac{1}{2}$ cupful milk (sweet).	Flavor with nutmeg and vanilla.

2 teaspoonfuls baking powder may be used instead of the soda. Bake quickly and keep in a stone jar. — Mrs. Georgina Webber.

LEMON HEARTS.

1 cupful sugar.	2 eggs.
$\frac{1}{2}$ cupful butter.	2 cupfuls flour.
2 tablespoonfuls milk.	1 heaping teaspoonful bak- ing powder.
Grated rind of 1 lemon.	

Use heart-shaped cutter and put a dot of candied lemon on each heart.

SHORT CAKES.

1 cupful butter.	1 egg.
1 cupful lard.	4 cupfuls flour.
$\frac{1}{2}$ cupfuls sugar.	Small pinch of soda.

Mix all together without wetting, as shortening and egg are enough. Cut in small squares and pinch edges. Bake in quick oven.

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SALADS

GENERAL RULES FOR SALAD MAKING.

GREENS.—Wash thoroughly, put in bath of cold water for at least half an hour to crisp ; drain, and if used at once, dry, if not, put in a crock, cover with a damp towel, or enclose in a damp towel and set in a cool place.

COOKED VEGETABLES.—Cut into suitable pieces (dice-shaped preferred) and carefully coat with dressing about half an hour before using, that it may be absorbed. Set in a cool place.

MEAT.—Free from bone, skin and gristle, and chop fine.

FRUIT.—Prepare same as cooked vegetables, but be careful to coat the fruit with dressing as soon as possible to prevent it turning brown.

EGGS.—Chopped or cut in slices. Better used as garnish.

GARNISHES. — Radish, top of celery, parsley, shredded lettuce, eggs, tomatoes cut into shape.

SALADS.

To make it, one must have a spark of genius.

A clerical salad adapted to all dishes :

Two large potatoes, passed through kitchen sieve,
Unworsted softness to the salad give.

Of mordant mustard add a single spoon ;

Distrust the condiment which bites too soon.

But deem it not, though made of herbs, a fault,
To add a double quantity of salt.

Three times the spoon with oil of Lucca crown,
And once with vinegar procured from town.

True flavor needs it, and your poet begs

The pounded yellows of two well-boiled eg's.

Let onion atoms lurk within the bowl,

And, half suspected, animate the whole ;

And lastly, on the favored compound toss

A magic teaspoon of anchovy sauce.

Then, though green turtle fail, though venison's tough
Though ham and turkey are not boiled enough,

Serenely full, the epicure shall say,

"Fate can not harm me—I have dined today."

—Sydney Smith.

ASPARAGUS SALAD.

Take the tips from one pound of cold cooked asparagus. Cut one cucumber into thin slices, let stand in

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cold water for a few minutes. Then add a half teaspoon of salt. Mix lightly with the tips, cover with salad dressing and serve on lettuce.—Mrs. R. J. Lowrey.

BANANA SALAD.

Salad dressing for twelve sliced bananas : Three-fourths cup milk, one-half cup vinegar, one tablespoon sugar, two small tablespoons flour. After it is cooked, put in a small lump of butter, one-half teaspoon salt, eight or nine walnuts.

SALMON SALAD.

1 can salmon. 1 bunch celery.

 1 cup English walnuts.

Pick the salmon fine (all dark pieces removed). Chop celery and walnuts, mix with salad dressing. Serve on lettuce leaf.—Mrs. George Horne.

AMERICAN BEAUTY SALAD.

4 oranges. 3 bananas.

1 pound Malaga grapes. 3 apples.

A few halves English walnuts.

Cut fruit into small pieces, mix all well together ; take small moulds (coffee cups) fill with the fruit. Soak a box of Knox gelatine in a pint of cold water, then add 1 quart boiling water, two cups of sugar and the juice of 5 lemons ; strain through thin cloth and fill cups full ; when ready to serve, turn each mould onto a lettuce leaf and pour some mayonaise dressing on each. Sufficient for 12 persons.—Mrs. G. H.

WALDORF SALAD.

1 cup sour apples. 1 cup celery.

1 cup chopped English walnuts.

Chop all very fine ; use salad dressing to mix and serve in tomato cases, made by cutting a slice from stem end and removing centre. Fill with salad, replace the slice off top and serve on lettuce leaf.—Mrs. G. H.

MAYONNAISE DRESSING.

To prepare mayonnaise, have the oil, two yolks of eggs, and a bowl ice cold. Put the yolks in the bowl, stir two minutes, then add by degrees three-quarters cupful oil, a few drops at a time, while stirring with a wooden spoon ; when the oil is half used up, add one teaspoonful salt, stir two minutes, then continue and use the remaining oil ; when the sauce becomes too

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thick add a little vinegar, about one tablespoon in all ; add last half teaspoonful English mustard and half pint of whipped cream. The mayonnaise may be used plain without the whipped cream.—Mrs. Russell.

CLEVELAND CABBAGE SALAD.

2 large raw eggs. $\frac{1}{2}$ teaspoonful salt.
 8 tablespoonfuls of cream. 1 teaspoonful dry mustard.
 1 tablespoonful white sugar. 6 tablespoonfuls vinegar.
 Small piece of butter. Salt.
 Small head of hard white cabbage. One sweet red pepper.

Beat eggs well, add sugar, cream, (6 tablespoons only) butter, $\frac{1}{2}$ teaspoon salt and mustard made smooth with the vinegar. Put into double boiler over fire, and cook, stirring constantly until quite thick.

Remove from fire and cool.

Slice or chop cabbage very fine and sprinkle with salt. Add to cold dressing 2 tablespoons of cream, and pour over cabbage.

Garnish with narrow strips of sweet pepper and serve very cold.—H. I. Garner.

CHICKEN SALAD.

The meat of a cold boiled chicken or turkey ; three-fourths the same bulk chopped celery, two hard-boiled eggs, one teaspoon salt, one teaspoon of pepper, one teaspoon made mustard. Dice the meat and celery, removing all fat and gristle, mix with salad dressing and serve on lettuce.

EGG SALAD.

Chop two large heads of lettuce coarsely with eight hard-boiled eggs, and mix with a small cup rich sweet cream, with vinegar, mustard, pepper and salt to taste.

Cheese salad is made the same way, only using cheese instead of eggs. This last is very rich salad.

BOILED SALAD DRESSING.

1 egg.	2 tablespoonfuls white
$\frac{1}{4}$ cupful vinegar.	sugar.
Or $\frac{1}{2}$ cupful lemon juice.	1 tablespoonful butter.
$\frac{1}{2}$ teaspoon salt.	Tiny bit of cayenne
1-3 teaspoon mustard.	pepper.

Beat yolk of egg, add sugar, butter, salt, pepper, mustard, vinegar, or lemon juice. Boil until it clings to spoon. When cold add whites of egg beaten stiff. — H. I. Garner.

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$\frac{1}{2}$ envelope Knox sparkling gelatine.		
$\frac{1}{2}$ dozen rolled stale macaroons.		
1 dozen marshmallows cut in small pieces.		
2 tablespoons chopped candied cherries.		
$\frac{1}{4}$ pound blanched and chopped almonds.		
1 cup sugar.	1 pint cream.	Vanilla.
$\frac{1}{4}$ cup cold water.	$\frac{1}{4}$ cup boiling water.	

Soak gelatine in cold water, dissolve in boiling water, add sugar. When mixture is cold, add cream beaten stiff, almonds, macaroons, marshmallows and cherries. Flavor with vanilla. Turn into a mould first dipped in cold water, and chill.—Mrs. G. S. Phemister.

PUDDINGS.

CUP PUDDING.

1 egg (well beaten).	$\frac{1}{2}$ cup sweet milk.
$\frac{1}{2}$ cup sugar.	1 cup of flour.
1 teaspoon baking powder.	

Put a teaspoon of fruit into buttered cups, pour some batter on the top and steam 20 minutes. — Mrs. MacIntyre.

SPANISH CREAM.

1 quart sweet milk.	$\frac{1}{2}$ box Cox's gelatine.
4 eggs.	8 tablespoons white sugar.
$\frac{1}{2}$ teaspoon vanilla or other flavoring.	

Dissolve gelatine in milk by setting near or on back of stove, then place over greater heat. When just boiling stir in the well-beaten yolks of four eggs, with four tablespoons sugar. Remove from stove, add whites of eggs beaten stiff with rest of sugar, flavoring, and pour into moulds and put to cool.—J. Steele.

ENGLISH PLUM PUDDING.

$1\frac{1}{2}$ lb. raisins.	$1\frac{1}{4}$ lb. currants.
$1\frac{1}{4}$ lb. suet.	10 oz. bread crumbs.
10 oz. flour.	2 lbs. sugar.
10 eggs.	10 oz. mixed candied peel,
$1\frac{1}{2}$ grated rind of fresh lemon.	sliced.
1 oz. equal parts of mace, cloves and nutmeg.	$\frac{1}{2}$ teaspoon ground ginger.
	$\frac{1}{4}$ pint fruit juice.

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Mix, spice, sugar, flour, bread crumbs. Add eggs beaten with teaspoon of salt, mix with milk, then add fruit juice. Let stand till morning and boil. — J. E. Prest.

FIG PUDDING.

$\frac{3}{4}$ lb. of grated bread.	I cup suet.
$\frac{1}{2}$ lb. of best figs.	6 tablespoons moist sugar.
1 teacup milk.	A little nutmeg.

The figs and suet chopped fine, mix the bread and suet first, then the figs, sugar, and nutmeg, one egg well-beaten, and lastly the milk. Steam three hours. Serve with sweet sauce.—Miss Janey Birkett.

BAKED DUMPLINGS.

Make a soft biscuit dough, roll to thickness of $\frac{1}{4}$ inch. Place apples, quartered, on it, and fold as with steamed dumplings. Put in a buttered pudding dish, sprinkle over this 1 cup of brown sugar, then over all, pour boiling water to cover.

Cook 40 minutes in a moderate oven.

(Rhubarb is an excellent substitute for apples). — Mrs. J. B. Gallinger

NORWEGIAN PRUNE PUDDING.

$\frac{1}{2}$ lb. prunes.	2 cups cold water.
2 cups sugar.	1-inch piece stick cinnamon.
1 1-3 cup boiling water.	1-3 cup corn starch.

Pick over and wash prunes, then soak one hour in cold water and boil until soft; remove stones, obtain the meat from stones and add to prunes. Then add sugar, cinnamon and boiling water, and simmer ten minutes.

Dilute corn starch with enough cold water to pour easily, add to prune mixture, and cook five minutes.

Remove cinnamon, mould, then chill and serve with cream sauce or cream and sugar.

(An inexpensive and most delicious dessert.)— H. I. Garner.

STEELE'S APPLE TAPIOCA PUDDING.

3 heaping tablespoons tapioca.	I quart sweet milk.
Small piece of butter.	1 egg.
1 lemon.	6 tablespoons of white sugar.
Little salt.	3 or 4 sour apples.
Soak tapioca in milk two hours. Peel, core, and	

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halve the apples and put in deep dish. Beat eggs, add sugar, butter, salt, and grated rind of lemon; juice and white of lemon, (or nutmeg can be used in place of lemon); add to tapioca and milk, and pour over the apples.

Bake about $\frac{3}{4}$ of an hour. Serve warm.

APPLE PUDDING.

Fill a deep dish with sliced apples, add sugar and spice to taste, and a very little water. Shake over them a little flour.

Batter :—

$\frac{1}{2}$ tablespoon butter.	$\frac{1}{2}$ cup milk.
$\frac{1}{2}$ cup sugar.	1 egg.
$\frac{1}{2}$ cups flour.	1 teaspoon baking powder.
$\frac{1}{2}$ saltspoon salt.	

Pour batter over and sprinkle sugar on top.

Bake one hour.—F. Going.

APPLE SAUCE PUDDING.

$\frac{1}{2}$ cup butter.	$\frac{1}{2}$ cup sugar.
$1\frac{1}{2}$ cups unsweetened apple sauce.	2 teaspoons soda.
1 cup raisins.	$1\frac{1}{2}$ teaspoons mixed spices.
A little salt.	1 cup currants.
	Flour to make a stiff batter.

Steam one hour.—Mrs. J. B. G.

QUEEN OF PUDDINGS.

One pint stale bread crumbs baked in 1 quart milk, 1 cupful sugar, a little butter, 4 eggs, saving out the whites of three for frosting. The grated rind of one lemon. Bake, when done spread with red raspberry jam or jelly. Cover the top with the beaten whites of eggs, juice of the lemon, and about 10 teaspoons sugar. Return to the oven to set. Serve cold, with cream and sugar.—Mrs. A. C. P.

BLANC-MANGE CARAMEL.

1 cup brown sugar.	2 tablespoons water.
4 or 5 cups of milk.	4 or 5 tablespoons corn starch.
1 cup English walnuts chopped fine.	

Serve cold with cream and sugar.

Melt the sugar to a caramel and add hot water. Cook the blanc-mange in a double boiler, adding the

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caramel when it thickens and the nuts when it is taken from the stove.—Mrs. A. C. P.

CHOCOLATE PUDDING.

Stir 4 tablespoons of grated chocolate into a quart boiling milk. When it is beaten smooth, add the yolks of five eggs and two tablespoons of cornstarch dissolved in a little milk. Stir until thick and flavor with vanilla. Sweeten to taste. Pour the mixture into a pudding-dish and bake till well set. Beat whites of five eggs very light, add 5 tablespoons of pulverized sugar, and spread over the top. Bake to a delicate brown. Serve with whipped cream.—Mrs. A. C. P.

THE POPULAR JELL-O DESSERT.

Dissolve one package of Jell-O, any flavor, in a pint of boiling water. Pour into a bowl or mould and put in a cold place to harden. When set, turn out on a plate.

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JELL-O WITH FRUIT.

Dissolve a package of Jell-O, any flavor, in a pint of boiling water. Pour into a bowl or mould. Just as Jell-O is beginning to set, arrange in it, with the aid of a fork, sliced oranges and bananas, or peaches and strawberries, or cherries and currants, or any other fruit that may be preferred for the purpose.

Be sure to use Jell-O, with the name Jell-O in big red letters on the package.

ROMAN MOUSSE.

Dissolve a package of cherry Jell-O in a pint of boiling water. When lukewarm whip to a cream. Whip up one-half pint of cream, mix both together, and add one-half dozen macaroons and a handful of chopped nuts. Set away to cool. Serve with whipped cream.

Be sure to use Jell-O, with the name Jell-O in big red letters on the package.

HONEY-COMB PUDDING.

1 cup sugar.	1 cup flour.
1 cup molasses.	$\frac{1}{2}$ cup butter.
(Gingerbread brand).	
$\frac{1}{2}$ cup lukewarm milk.	$\frac{1}{2}$ teaspoon soda.
4 well beaten eggs.	

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Melt butter in milk and add soda. Combine mixtures and add eggs. Bake in moderate oven. Serve with brown sauce or whipped cream. Mix well together.—Mrs. Wills.

PUDDING SAUCE.

1 cup granulated sugar. 2 tablesp[onfuls] flour.
½ teaspoon nutmeg, or any flavor you wish, and mix together with cold water, then add boiling water and two good tablespoons of butter, and cook together about five minutes.—Mrs. A. McDougall.

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PIES

MINCE MEAT PIE.

2 lbs. beef.	1 lb. suet.
5 lbs. apples.	2 lbs. seeded raisins.
1 lb. Sultana raisins.	2 lbs. currants.
$\frac{3}{4}$ lb. citron peel, cut fine.	2½ lbs. brown sugar.
2 tablespoons cinnamon.	1 tablespoon cloves.
1 tablespoon allspice.	1 tablespoon fine salt.
3 pints juice off pickled peaches.—Mrs. Emmett.	

LEMON PIE.

1 lemon.	1 heaping tablespoon flour.
1 cup sugar.	Nearly 1 cup water.
3 eggs.	

Dampen sugar and flour with a little of the water, add 1 egg and yolks of two and mix thoroughly, add grated rind and juice of lemon and the rest of the water. Pour into tins lined with pie paste and bake. When cold beat whites of two eggs and stir in three tablespoons granulated sugar. Pour over pie and slightly brown in oven.—Mrs. J. E. Biggar.

NEW ENGLAND CHOCOLATE PIE.

$\frac{1}{2}$ cup sugar.	Yolks two eggs.
2 tablespoonfuls cornstarch.	2 cups milk.
1 tablespoonful chocolate or cocoa.	Salt.
	Vanilla.

Bake in one crust.

Meringue.

Whites 2 eggs.	1 tablespoonful sugar.
Bake till golden brown.—B. Marsh.	

PUFFED PASTE.

1¼ lbs. of fine flour.	1 lb. butter.
	1 saltspoon salt.

Put flour in pan, gently rub into it, with your hands, half pound of butter; mix into it, by degrees, more than half pint of cold water. Set away for quarter of an hour. Roll it out thin and lay on a quarter of a pound of butter cut in small pieces. Sprinkle a little flour over it, fold it over and roll out thin again. Then lay another quarter of a pound of butter in small pieces, sprinkle with flour and fold again. Let it stand in cool place one hour before using.

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PIE CRUST.

2 cups flour.	1 cup lard.
	1 teaspoon salt.

Wet with a little water, knead as little as possible and set in ice-box over night.—Mrs. A. McDougall.

DUTCH PIE.

Line a pie dish with a rich dough, fill it with apples quartered, take 2-3 cup brown sugar, fill up with flour, rub smooth, dredge over the apples, season with 1 teaspoon cinnamon, pour over 2 tablespoons water. Bake in moderate oven. No top crust.—Mrs. Jas. J. Woolnough.

LEMON RAISIN PIE.

1 cup chopped raisins.	1 tablespoon flour.
1 lemon (juice and grated rind).	1 cup sugar.
1 cup cold water.	2 tablespoons butter.

Stir lightly together and bake with upper and under crust.—Mrs. A. W. M.

POTATO PIE.

1 cup grated potato.	1 cup sugar.
1 lemon, juice and rind.	1 cup hot water.

Cook until thick.—Mrs. A. W. M.

COCOANUT PIE.

Stir together $\frac{1}{4}$ lb. of butter and 1 cupful of white sugar. 6 eggs, beat the yolks and whites separate, and add 1 pint of milk, then put in the cocoanut lightly; bake with an under paste. This makes two pies.—Mrs. J. R. Collard.

PUMPKIN PIE.

5 eggs.	2 tablespoonfuls ginger.
3 cups sugar.	1 pint cooked pumpkin.
$\frac{1}{2}$ cup butter.	1 quart sweet milk.

Cook pumpkin well and strain. This will make 3 pies.

LEMON SPONGE PIE.

1 lemon.	1 cup milk.
1 cup sugar	2 tablespoonfuls flour.
2 eggs.	1 tablespoonful butter.

Cream butter and sugar and add flour. Separate the whites and yolks of eggs, mixing yolks with sugar and butter. Grate the rind of lemon and add the juice, then the cupful of milk. Stir in the whites well-beaten and bake in one crust.

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CREAM PIE.

1 quart rich milk. 3 tablespoons cornstarch.
 4 eggs. 1 cupful sugar.

Grated rind of one lemon.

Make a boiled custard of the foregoing, saving out the whites of 3 eggs. Bake the crust, add the custard. Put the beaten whites, lemon juice, and 2 tablespoons sugar mixed together, over the top of the pies, and place in oven to harden.—Mrs. M. U. Pettit.

TART CRUST.

1 cup lard. 3 tablespoons water.
 1 egg (white beaten stiff). Flour to roll out.

TART FILLING.

1 cup sugar.	1 tablespoon butter.
1 cup raisins.	Pinch of salt.
1 egg.	Squeeze of lemon.
	Spice if desired.

Cook with paste in usual manner.

GREEN TOMATO MINCE-MEAT.

1 pk. green tomatoes, chopped fine.
 4 pounds brown sugar.
 3 pounds seedless raisins.
 4 lemons chopped fine.
 2 tablespoons each ground cinnamon, cloves and allspice.
 2 nutmegs grated.
 1 cup vinegar.

Put one quart water on tomatoes and cook slowly for 3 hours, then 1 cup vinegar, sugar, raisins, lemons, and spices with them. Boil one hour more and bottle. Bake in two crusts.—Mrs. A. E. Cavers.

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PICKLED PEACHES OR PEARS.

7 pounds fruit.	1 qt. good vinegar.
3 lbs. white sugar.	Few cloves and stick cinnamon.

Wash fruit, peel, if pears have tough skin. Put on stove with sugar, vinegar, spices; boil slowly until thoroughly cooked, but not soft.—Mrs. A. Garner.

OLIVE OIL PICKLES.

1 quart vinegar.	$\frac{1}{2}$ cup salt.
1 cup mustard seed.	1 cup olive oil.

Wash small cucumbers, pack in jars, and pour over the above preparation. This will keep without sealing.—Mrs. S. Birkett.

CORN CHOWDER.

12 ears of corn.	1 cabbage.
2 green peppers.	4 cups of vinegar.
1½ cups sugar.	2 tablespoons salt.

Grate corn, chop cabbage and peppers, leaving out seeds. Boil 20 minutes in above preparation, then add 1 tablespoon mustard, boil 5 minutes more and seal.—K. C. Prest.

CELERY SAUCE.

30 ripe tomatoes.	12 onions
4 heads celery.	4 ripe peppers.
4 cups vinegar.	15 tablespoons sugar.

5 tablespoons salt.

Peel tomatoes and onions, chop them, celery and peppers; add other ingredients. Cook slowly two hours. Seal while hot.—G. M. Prest.

CUCUMBER CHOWDER.

12 large cucumbers.	7 onions.
---------------------	-----------

Chop fine, sprinkle with salt, leave over night, and drain in the morning.

1 tablespoon black pepper.

2 tablespoons mustard. 1 tablespoon turmeric.

1 quart vinegar. 1 lb. brown sugar.

Boil slightly.—Mrs. A. W. Marsh.

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CHICAGO HOT.

1 pk. ripe tomatoes, chop-	
ped and drained.	6 red peppers
2 cups chopped celery.	$\frac{1}{2}$ cup salt.
6 onions, chopped.	2 ozs. whole mustard seed.
2 lbs. brown sugar.	1 qt. vinegar.
2 ozs. ground cinnamon.	

Boil one hour.—M. U. S. Pettit.

BORDEAU SAUCE.

1 peck green tomatoes.	1 cabbage.
4 green peppers.	10 onions.
$\frac{1}{2}$ teacup salt.	$\frac{1}{2}$ oz. turmeric.
$\frac{1}{2}$ lb. mustard seed.	1 gal. vinegar.
2 lbs. brown sugar.	2 heads celery.

Chopped fine.

Mix tomatoes, cabbage, peppers, onions, salt, let stand $\frac{1}{2}$ hour; drain, and put in kettle with other ingredients, and boil 2 hours.—M.U.S.P.

INDIA PICKLE.

1 qt. green tomatoes, chop-	
ped and drained.	4 onions.
2 qts. cabbage chopped.	$\frac{1}{2}$ cup salt.
4 green peppers chopped.	2 tablespoons whole allspice.
1 cup brown sugar.	
2 tablespoons white mus-	
tard seed.	2 tablespoons whole cloves.

Pour over this mixture boiling vinegar enough to cover. Needs no cooking.—K. C. P.

FRENCH MUSTARD PICKLES.

2 quarts cucumbers.	2 quarts celery.
2 quarts cauliflower.	2 quarts green tomatoes.
2 quarts onions.	

Green peppers to suit taste. Cut all in small pieces, put in weak brine over night. Scald up in same brine and drain

Dressing.

3 quarts vinegar.	2 cups sugar.
$\frac{3}{4}$ cup flour.	$\frac{1}{2}$ cup mustard.
1 oz. turmeric.	1 egg.
1 oz. butter.	

Mix all together, cook in double boiler, add pickles, let them heat through, seal.—Mrs. Emmett.

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EAST INDIA RELISH.

20 ripe tomatoes.	4 large onions.
3 cups white sugar.	4 large red peppers.
4 tablespoons salt.	4 cups vinegar.

Peel and cut up tomatoes. Chop onions and peppers fine (do not use seeds). Add sugar, vinegar, salt. Cook gently three hours—H. I. Garner.

FRENCH MUSTARD.

1 cup vinegar.	1 egg.
½ cup brown sugar.	2 tablespoons flour.

Mix dry ingredients, add egg, and pour on hot vinegar. Cook in double boiler, stirring often.—Mrs. W. J. Cramp.

MIXED PICKLES.

1 gal. vinegar.	¼ lb. bruised ginger.
¼ lb. mustard seed.	¼ lb. salt.
1½ oz. turmeric.	1 oz. whole black pepper.
¼ oz. cayenne.	

Wash and dry all pickles before putting into vinegar. Stir every mornin' for a month. Into this mixture cucumbers, small green tomatoes, beans, cauliflower, onions and celery (cut fine) may be put.—Mrs. R. Green.

GHERKIN PICKLES.

4 qts. small cucumbers.	2 cups sugar.
½ cup mixed spices.	Vinegar.

Put cucumbers in brine over night, drain them and scald in weak vinegar. Pack tightly in jars. Boil sugar, spice and vinegar enough to cover pickles. While hot pour over pickles in jars and seal.—Miss I. Wills.

GRAPE SAUCE.

5 lbs. grapes.	3 pounds sugar.
1 pint vinegar.	1 tablespoon cinnamon.
1 tablespoon cloves.	1 tablespoon nutmeg.

Separate pulp from skins; boil pulp with a little water till seeds rise. Strain. Add to this skins, spice, sugar, vinegar. Boil from 30 to 60 minutes, or till desired thickness.—Mrs. John Gallinger.

CHILI SAUCE.

26 large tomatoes.	12 large onions.
18 large apples.	3 red peppers.
Chop all fine and add	
1 tablespoon cinnamon.	1 tablespoon pepper.
1 tablespoon cloves.	2 tablespoons salt.
5 cups brown sugar.	4 cups vinegar.

Boil till thick, as desired.—Mrs. E.

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Graduate of the Universities of Michigan
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Sta. A., Niagara Falls, N.Y.

TOMATO MUSTARD.

1 peck ripe tomatoes.	1 cup salt.
1 dessertspoon cayenne	1 dessertspoon ground pepper.
1 dessertspoon blk. pepper.	1 dessertspoon curry powder
2 blades of garlic or 2 onions.	

Boil well and put through colander, return to pot and boil nearly half away. Let it stand all night, thicken with $\frac{3}{4}$ pound of mustard. Return to stove to simmer half an hour, stirring all the time, then bottle.—J. H.

MAGGIE'S TOMATO CATSUP.

1 peck ripe tomatoes.	1 cup vinegar.
$\frac{1}{8}$ teaspoon cayenne.	3 cups white sugar.
$\frac{1}{4}$ teaspoon turmeric.	$\frac{1}{4}$ cup salt.
4 onions.	

Wash tomatoes, cut out green stem end, but do not peel. Boil for a few minutes, as you would for the table. Drain through a sieve. To this thin liquid add vinegar, sugar, salt, cayenne, turmeric and onions sliced. Boil 1 hour or a little longer if tomatoes are very juicy. While this is boiling press all the tomato, but seeds and skins, through sieve. Add this to boiling contents of kettle, and boil about $\frac{3}{4}$ hour. Bottle and seal while hot.—H. I. G.

CELERY PICKLES.

Cucumbers about 4 inches long, green and fresh.
1 tablespoon celery seed to each quart of cucumbers.
1 large cup brown sugar to each quart of cucumbers.
Vinegar; salt.

Slice cucumbers crosswise and salt over night. Next morning wash and drain. To cucumbers add sugar, celery seed and cover with vinegar. Put on back of stove for 3 or 4 hours, but DO NOT BOIL.—J. W. W.

PICKLED MUSHROOMS.

Select small button mushrooms, peel, wash carefully and drain. Lay dark side up on platter, sprinkle very lightly with salt and let stand over night.

Put the liquid which forms on platter, and mushrooms, in kettle on stove and cook juice into them very gently. When juice is about gone, pour weak vinegar on until mushrooms are half covered, add a few grains of cloves and a little stick cinnamon for each pint. Heat thoroughly, bottle and seal while hot. The mushrooms must be covered with liquid.—Mrs. A. G.

Canning and Preserving

Fruit may be canned without sugar, as follows:— Fill the jars with fruit, then pour in as much water as they will hold; adjust the rubbers; lay the lids carefully on top without fastening; stand the jars in a wash boiler the bottom of which has been protected with a rack or board; put water enough to come half way up the jars; put on the boiler lid; bring to the boiling point and boil small fruits twenty minutes, except cherries, which require three-quarters of an hour. Pineapples, peaches and pears require half an hour. Strawberries and raspberries are better without water. When the fruit has settled fill two jars from a third and put back and boil five or ten minutes longer, then seal.

Canned fruit may also be cooked in the oven. Pack the prepared fruit in jars, fill up with hot syrup and lay cover on top without fastening. Place in the oven, setting in a dripping pan holding about two inches of water, or on a strip of asbestos. The oven should be moderately hot. Cook fruit until soft, fill to overflowing with scalding syrup, then seal.

Some firm fruits, and also rhubarb, may be canned without cooking, being packed into the bottle, which is then filled with cold water to overflowing; any air bubbles removed by running the blade of a silver knife down the side. Seal tightly and store in dark place. Avoid beet sugar when making jelly.

CANNED BEETS.

Select small tender beets about size of hen's eggs or smaller. Wash, cut tops off about one inch from beet. Boil until tender. Have vinegar—enough to fill jars you intend to fill—boiling hot. Put in for each jar one-half cupful brown sugar, 6 grains allspice, and some whole black pepper, and boil in vinegar fifteen minutes.

When beets are tender slip skins off and fill jars; then pour vinegar over until jars overflow. Seal while hot.

ZACK'S PEACH MARMALADE.

Select well ripened peaches, peel, cut in strips. Obtain meat from pits and add to peaches. Weigh, and put pound for pound (or trifle less, if peaches are sweet and very ripe) of white sugar. Stir well. Put

in preserving kettle and not quite cover with water. Put on stove and cook very gently until it begins to get thick.

Put in glass jars and keep in dark place.

PRESERVED ELDERBERRIES.

7 lbs. fruit.	3 lbs. sugar.
	1 pint vinegar.

Put berries and vinegar together and boil five minutes. Add sugar and cook half an hour. Seal.

PRESERVED CITRON.

Put whole citron in kettle of water and boil till easily pierced with fork. Lift out and cool; peel and cut in small pieces, removing seeds and saving all juice. To 13 lbs. citron, add 10 lbs. sugar and juice of 8 lemons. Cook all together till syrup is thick enough. Seal.

HEAVENLY JAM.

1 12-quart basket grapes.	4 lbs. granulated sugar.
3 oranges.	1 pkg. seedless raisins.

Slip the skins from the grapes, put pulp in kettle with enough water to keep from burning. Cook for a few minutes, put through a colander to remove seeds, then add skins to the pulp; squeeze juice from the oranges, put rind through meat grinder, add raisins and sugar; mix all together and cook 15 minutes.—Mrs. McIntyre.

HOW TO CAN UNCOOKED CHERRIES.

Stone sour cherries, cover with vinegar and let stand for twenty-four or forty-eight hours. Then thoroughly drain from vinegar, allow one pound of sugar to each pound of cherries. Thoroughly mix and put into air-tight jars uncooked.

By soaking another lot of cherries in the same vinegar for two or three days, an excellent drink can be made. Squeeze out the juice and add one pound of sugar to each pint of juice. Boil and skim, then seal in small bottles. This is a very refreshing drink on a hot day.—Mrs. R. G.

CANNED CORN.

To 9 cups corn add one cup sugar, one cup salt, one pint water. Boil five minutes. Can and seal. Freshen before using.

GREEN TOMATO JAM.

To each pound of tomatoes, thinly sliced, use one pound of lump sugar and rind and juice of two lemons, or, if preferred, lemon candied peel. Boil in the usual way.—J. H.

ORANGE MARMALADE.

6 oranges, sweet.	10 cupfuls sugar.
6 oranges, bitter.	3 lemons.
	10 cupfuls water.

Cut peel in shreds, remove seeds. Turn fruit and water into a vessel and let stand twelve hours. Then boil two hours. Add sugar hot, boil one-half hour longer and seal.—F. Going.

PRESERVED PUMPKIN

10 lbs. pumpkin.	10 pounds sugar.
	1 small teaspoonful oil of lemon.

Peel and cut pumpkin in small pieces. Put sugar in kettle with water enough to keep from burning. When sugar is dissolved, add pumpkin and cook slowly until clear, stirring as little as possible.—Mrs. Middleton.

PRUNE CONSERVE.

3½ lbs. chopped prunes.	2 large oranges
3 lbs. sugar granulated.	rind and juice.
1 lb. seeded raisins.	1 lb. chopped walnuts.

Cook until like jam.—Alice J. Willcox.

RHUBARB JAM.

1 pound rhubarb.	$\frac{3}{4}$ pound white sugar.
	1 lemon.

Peel the rhubarb, which must be the finest, and cut into pieces of two inches in length; add the sugar and the rind and juice of lemon, the rind to be cut into narrow strips. Put all into a preserving kettle and simmer gently until the rhubarb is quite soft. Take it out carefully with a silver spoon and put it into jars, then boil the syrup a sufficient time to keep well. When cold put a piece of white paper soaked in brandy over, and tie down the jars with a bladder to exclude air. This is a very good recipe and should be taken advantage of in the spring.—J. H.

RHUBARB AND PINE-APPLE.

6 to 8 pounds of rhubarb, according to size of the pine-apple. Prepare rhubarb usual way. Peel and grate the pineapple, using $\frac{3}{4}$ of a pound of granulated

sugar to a pound of fruit. Cook until tender, using enough water to keep it from burning. — M. M. S. Pettit.

A safe rule with all fruits that do not get firm is to add sufficient sour apple juice to make the jelly the right consistency.

A General Rule for Jelly.—Wash and drain the fruit, then put it on the stove in a granite vessel. The fruit should be mature, but not over ripe. Add no water to small, juicy fruits. Large fruits, such as apples, peaches, pears, require some water, just enough to show at the top. Cook thoroughly, stirring the fruit, which will thus be sufficiently mashed. Strain through a flannel bag which has first been scalded. Then measure the juice and put on to boil. Granulated sugar is measured, one cup for each cup of juice, and put in a bowl on the back of the stove, where it is heated, being stirred from time to time, so that by the time the juice boils, it is well heated through. Any scum that arises is skimmed off, and as soon as juice comes to a boil the warmed sugar is stirred in. Continue to skim as needed, and notice when it comes to a boil. Currant jelly made in this way will only need three minutes boiling; other small fruits a little longer. If boiled too long, jelly becomes ropy. If boiled too hard so that sugar crystallizes on sides of kettle, it may candy. Fruit to which water has been added, use only three-quarters the amount of sugar, and allow juice to boil down one-third before adding sugar:

DOCTOR'S FAVORITE JELLY.

A very finely flavored jell is made by using $\frac{1}{2}$ or 1-3 elderberry juice and balance of crab-apple or any good tart jell apple. Use pound for pound of white sugar and cook about 15 minutes or until it jells when a little is put to cool. If all elderberry juice is used, it will not jell, but will become stringy or like syrup.

RASPBERRY-CURRANT JELLY.

Mix red raspberries and red or white currants in proportion of 2 lbs. berries to $1\frac{1}{2}$ lbs. currants. Crush, heat, strain through jelly-bag, put pound for pound of white sugar, and boil gently for from 10 to 20 minutes, (according to juiciness of fruit), or until it jells when a little is put to cool. Pour in glasses, cover with melted paraffin, then paper and put on dark shelf.

RAW Currant JAM.

Remove stems, wash, drain, crush each currant, and to each pound of fruit put a pound of granulated sugar. Stir well, let stand a few hours, put into cold, freshly-cleaned jars, seal and keep in dark place. If fruit not too ripe, and recipe carefully followed, this jam will have the true fresh flavor when jar is opened months later.

QUINCE JELLY.

Wash, quarter $\frac{1}{2}$ peck of quinces, $\frac{1}{2}$ as many sour apples, cover with water and let boil slowly for an hour. Drain, take as much sugar as juice, and boil until done.

CHERRY SUNSHINE.

1 pint sugar, $\frac{1}{2}$ cup boiling water, add 1 pint stoned cherries; try as you would jelly. Do not over-cook it.

—The cups
That cheer, but not inebriate.—

Beverages

GENERAL RULES FOR TEA AND COFFEE.

Use 2-3 Java and 1-3 Mocha or equal parts Java and Mocha coffee. When buying, see that the coffee is freshly ground, having it ground coarse for boiled coffee, but fine for filtered coffee.

The tea or coffee pot should be scalded before using and freshly boiling water must always be used.

Wash eggs before breaking.

If milk is used in coffee, it should be heated, but cream is always preferable.

Tea should be infused, never boiled. It should not stand too long after being made, as it becomes more injurious.

If so unfortunate as to have poor coffee, try this plan :

Pour the ground coffee on a tin plate, place over the fire and wait till a rich aroma arises, but do not let there be a suspicion of burning. Then make quickly in the usual way and note the improvement.

TEA.

1 tsp. tea to 1 cup boiling water. Put the tea in the scalded teapot and pour boiling water over it. Steep 3 minutes, strain, and serve hot or iced.

If lemon is used in iced tea, wash, cut in thin slices and remove seeds.

COCOA.

4 tbsp. Cowan's cocoa. A little salt.

3 tbsp. sugar. 2 cups water.

2 cups milk.

Mix cocoa, sugar and salt, add water slowly and boil 10 minutes. Scald the milk and add, or add milk and heat over hot water.

The addition of a pinch of salt and two drops of vanilla improves the flavor.

COFFEE FOR 100 PEOPLE.

3 lbs. good quality coffee. 3 fresh eggs.

6 gals. boiling water. A little cold water.

$\frac{1}{4}$ teaspoon salt.

Place the dry coffee in a dry pan, beat eggs slightly

and add to coffee, break in the shells. Now wet the coffee with just enough cold water to dampen it all. Let stand $\frac{1}{2}$ hour or longer.

Make a cheese cloth bag large enough to hold twice the amount of coffee used. Add coffee, then put bag in boiling water, keep at boiling point 30 minutes, then take out bag else coffee will turn black.

STRAWBERRY SHRUB.

12 lbs. fresh strawberries. 2 qts. water.

5 ozs. tartaric acid.

Dissolve acid in water, pour over berries, placing a plate over the top to keep berries under water. Leave 48 hours, strain, then add $1\frac{1}{2}$ pints white sugar to 1 pint juice, stir till dissolved, then bottle. Cork tightly, but do not seal.

Allow 2 or 3 tbsp. of juice to 1 glass water, when using.

Mrs. Alex. McIntyre.

GRAPE JUICE.

20 lbs. grapes, Concord. 3 qts. water.

4 lbs. white sugar.

Wash and pick grapes from stems, crush them, then add the water, place in a porcelain kettle and bring nearly to boiling point. Then strain through a colander, using a little more hot water, and then through a jelly bag. Add sugar to the juice, let the sugar melt slowly, then bring nearly to boiling point, removing all scum. Bottle while hot, in jars. Keep in a dark closet.

When using, add a little hot or cold water.

Mrs. C. D. Emmett.

RASPBERRY VINEGAR.

To 4 qts. red raspberries, put enough vinegar to cover, and let stand 24 hours; scald and strain. Then add 1 lb. sugar to 1 pt. of juice, boil 20 minutes, and bottle. It is then ready for use and will keep years. To one glass of water add 2 or 3 tbsp. when using.

FRUIT PUNCH.

Add the juice of 1 can pineapple, that of 6 lemons, and 3 oranges, 1 can of rich preserved strawberries and 1 of red cherries. Sweeten to taste and let stand 2 or 3 hours. Then, before using, add $1\frac{1}{2}$ qts. iced water and 1 cup chopped ice. Berries and cherries may be omitted, if desired.

Miss G. E. Gallinger.

CREAM NECTAR.

2 qts. water.	3½ lbs. white sugar.
	2 oz. tartaric acid.

Mix, put on the stove and boil a little. When cool, flavor. Beat whites of 3 eggs and pour over the whole, stir thoroughly, bottle. When using, put a small quantity in a glass and fill with cold water.

Mrs. J. R. Collard.

BLACK Currant CORDIAL.

When making black currant jelly a very pleasant drink can be made from the pulp left after straining off the juice for jelly. Put the pulp in a granite kettle and add just enough water to cover it. Let boil up again, and again strain. This may be done in the evening and left to drip till morning. Put juice in kettle and for every 3 pounds of juice allow 1 pound of sugar. Stir till sugar is dissolved, let boil for a minute and seal while hot. Can be used hot or cold, with water added or without. Valuable in sickness.

A. B. C.

ORANGE DRINK.

6 oranges.	3 lbs. sugar.
9 cups water.	2 oz. citric acid.

Grate rind, but not very deep, then pour on the boiling water; in this dissolve the acid and sugar. Let stand 48 hours, strain and bottle.

Use about 2 tbsp. to 1 glass water. Note—Do not use the orange juice, only the rinds.

Miss Grace Mitchell.

Then farewell heat and welcome frost.— Shakespeare.

Sherbets and Ices

ORANGE SHERBET.

1 coffee cup sugar. $1\frac{1}{2}$ cups water.

Boil five minutes, let it get perfectly cold, and add juice of two oranges and one lemon. Strain through a cheesecloth, then take white of one egg and beat dry and put it in the freezer and pour mixture over it. Freeze.—H. G.

FROZEN CUSTARD.

Bring to a scald one quart of milk. Wet two tablespoonfuls of cornstarch with a little cold milk, add this to the hot milk and stir until it begins to thicken. Then add four eggs and one-half pound of sugar which have been beaten lightly together. Cook for a few minutes, add vanilla and set aside to cool. When cold, freeze same as ice cream.—H. H.

LEMON ICE.

The juice of six lemons and the grated rind of three, a large sweet orange, juice and rind; squeeze out all the juice, and steep in it the orange and the lemon rind for about one hour. Then strain through a cheesecloth, add a pint of water and two cupfuls of sugar. Stir until dissolved, turn into a freezer then as for ice cream, letting it stand a little longer.—L. B.

PINEAPPLE SHERBET.

One cup of boiling water poured over one tablespoonful gelatine which has been soaked in cold water for ten minutes. Take one-half can grated pineapple and one and a half cups of sugar, juice of one lemon, add strained gelatine, put in freezer and pack with ice and salt and freeze.

ICE CREAM.

1 quart of cream.	1 pint of milk.
2 eggs.	2 teaspoonfuls of cornstarch
2 teaspoonfuls vanilla.	$\frac{3}{4}$ lb. of sugar.
3 sheets of gelatine.	

Take your pint of milk and set in boiling water till it is scalding hot, beat up the yolks of eggs and cornstarch and sugar and add before it boils, then let all heat together. In the meantime dissolve your gelatine

in a little cold milk and pour into the cold cream ; when your hot cream is cool add all together, beat up the whites of eggs and add flavoring ; put all together in freezer.—Mrs. Emmett.

CRUSHED STRAWBERRY ICE CREAM.

Mash a pint of strawberries, sweeten and stir them into two quarts of half-frozen custard made in the proportion of six eggs and a half pint of sugar to each quart of milk. Beat the berries in thoroughly and put in a freezer and freeze.

SHREDDED WHEAT ICE CREAM.

1 pint heavy cream.	1 pint milk.
$\frac{1}{2}$ lb. sugar.	$\frac{1}{2}$ cup toasted shredded wheat
1 tablespoon vanilla.	biscuit crumbs.

Put the milk and sugar together in a saucepan on the range, let it come to a boil, remove from the fire, let cool about two minutes and pour in the shredded wheat crumbs. When cold, add the cream and vanilla and freeze in the usual manner.

THE EASY WAY TO MAKE ICE CREAM.

Use one quart of milk for a package of Jell-O Ice Cream Powder. Pour the contents of a package of Jell-O Ice Cream Powder in a dish. Pour on it one cup of milk and stir to a thick smooth paste to avoid lumps. Add the rest of the quart of milk and stir until thoroughly dissolved.

LEMON OR ORANGE WATER ICE.

The juice of 4 lemons and 6 oranges, 1 lb. 2 oz. sugar, thoroughly dissolved by heat, and allow to cool. Add the rind of 1 orange and 1 lemon, $1\frac{1}{2}$ pints water, whites of 2 eggs, beaten stiff and added last. Then freeze in 20 or 30 minutes. This makes a generous quart.—Doctor Augusta Stowe-Gullen.

RASPBERRY SHERBET.

1 quart of crushed raspberries put through a sieve.
2 cups of sugar.
2 lemons, rind of 1.
2 eggs, whites beaten stiff and added at the last moment. Freeze.—Doctor Augusta Stowe-Gullen.

"Sweets to the sweet."

Candy

PEANUT CRISP.

2 cups white sugar. $\frac{1}{2}$ cup nuts.

Put sugar in frying pan over fire till it melts, lumps will dissolve; on removing the pan from the heat add peanuts, or, if you choose, cocoanut, figs, raisins, or puffed wheat or rice. Pour on buttered tins. Mark in squares.—G. M. P.

CREAM CANDY.

2 cups white sugar. 1 cup boiling water.

$\frac{1}{8}$ teaspoon cream of tartar.

Stir only till sugar dissolves, boil briskly 15 minutes, test, for soft ball, when a little is dropped into cold water. When "soft ball" stage is reached, remove quickly from fire; cool to blood heat, then beat till smooth, and ready to use. This may be moulded and coated with chocolate, used to stuff dates, etc.—G. M. P.

TURKISH DELIGHT.

2 cups granulated sugar. $\frac{1}{2}$ cup water.

Boil till it hardens in water.

$\frac{1}{2}$ box gelatine. $\frac{1}{2}$ cup water.

Let it dissolve, pour syrup into gelatine, add juice of 1 lemon. Stir until nearly cold. Pour into wet dishes. When firm, cut in squares and roll in powdered sugar.—Mrs. R. O. Walters.

MAPLE CREAM.

$1\frac{1}{2}$ cup brown sugar. $\frac{1}{2}$ cup cream.

$\frac{1}{2}$ cup maple syrup. Butter size of walnut.

Boil ten minutes, remove from stove, stir till thick, put in buttered tins, cut in squares.—H. I. G.

BUTTER SCOTCH.

2 cups yellow sugar. 2 tablespoons water.

1 rounded tablespoon 1 tablespoon lemon juice.
butter.

Boil sugar, water and butter without stirring until a little will harden when dropped into cold water. Add lemon juice, pour into buttered pans, when cold cut in squares.—A. M. M.

MOLASSES CANDY.

1 cup Domolco molasses. 3 cups sugar.

$\frac{1}{2}$ cup water. 1 teaspoon cream of tartar.

Mix sugar, cream of tartar, molasses, water, and stir until sugar is dissolved, then boil without stirring until it hardens in cold water. Turn into buttered tins; when cool, work and cut in sticks.

CHOCOLATE CARAMELS.

1 cup grated chocolate. 1 cup molasses.

1 cup brown sugar. 1 cup milk.

1 tablespoon glycerine. Butter size of an egg.

Put all except chocolate in a kettle and boil fast. When nearly done, add chocolate. Test by dropping some of the mixture into cold water, if done it will form into a stiff ball. Pour into buttered pans. Mark into blocks when cool.

FUDGE.

3 cups sugar. 1 tablespoon butter.

1 cup milk.

When sugar is melted add 4 or 5 tablespoons cocoa. Stir; boil 15 minutes, take from fire, add 1 teaspoon vanilla, stir till creamy. Pour on buttered plates. — Mrs. A. W. Marsh.

POPCORN CANDY.

1 tablespoon butter. 3 tablespoons water.

1 cup white sugar. 3 qts. nicely popped corn.

Put into an iron kettle, butter, water, sugar. Boil till ready to candy, then throw in the popcorn. Stir vigorously until sugar is evenly distributed over the corn. Take kettle from fire, stir until it cools a little.

HORHOUND CANDY.

1 small handful of hor-

hound herbs. 3 lbs. sugar.

1 quart water.

Make a strong tea by stewing herbs in water. Strain till clear. Add sugar to this liquid. Cook till very hard. When boiling syrup dropped into cold water will harden instantly and crack, add a very small piece of butter, pour into buttered pans, cut in small cubes.

KISSES.

Whites of 2 eggs. Sugar to stiffen.

$\frac{1}{2}$ teaspoon baking powder. Flavor as desired.

Beat whites stiff, add white sugar to stiffen, after powder has been stirred through sugar. Drop by spoonful on buttered paper. Bake in hot oven. Watch carefully while baking.

"Simple diet is best, many dishes bring many diseases."—Pliny.

Invalid Cookery

The special senses become unusually acute in sickness, and any carelessness or negligence is very readily noticed. Because of this the food should be prepared carefully and daintily and served in an attractive manner.

Thin broths and soups are stimulating, but have a very low food value, and to make them nourishing eggs or milk should be added. Beef tea, for example, contains in itself only about 2 per cent. of nutriment.

When making gruels, add milk or cream just before serving. Milk kept at a high temperature for some time is more difficult of digestion.

Cornmeal and oatmeal are best for gruels. They are heating, slightly laxative, good for old people and consumptives.

Barley gruel, cracker gruel and milk porridge will overcome a laxative condition.

BEEF JUICE.

Take 1 pound round steak, cut in small pieces, put in a jar and put on it 2 tablespoons cold water; stand jar in hot water till meat is slightly warmed, then put in potato ricer and press till all juice is out. Use very cold, with a little salt.

LEMON SHAKE.

One lemon.	4 tsps. sugar.
One egg.	2 glasses water.

Make like lemonade, only do not steep lemon rind, then add the beaten egg. Put in a quart sealer and shake 5 or 6 minutes till frothy.—Miss Janey Birkett.

LEMON ALBUMEN.

Excellent.

White of 1 egg.	1-3 cup lemon juice, (orange juice may be used).
1 tablespoon sugar.	

Stir white of egg with fork, add gradually lemon juice and sugar. Fill glass with cold water, add some cracked ice.

GRAPE FRUIT JUICE AND EGG.

Beat the white of 1 egg a little, add 2 tbsps. grape fruit juice, sprinkle with sugar and serve. A little lemon juice may be added. It should be very cold. — Mrs. Chilton Mewburn.

BARLEY WATER.

2 oz. of pearl barley, wash well, then put in a jug with two lumps sugar and a quarter of a lemon very carefully peeled. Pour over this 1 pint boiling water, and set aside to cool.

EGG DRINK.

1 egg.	1 tsp. sugar.
	1 cup milk.

Beat egg with sugar, put milk on stove to heat; when scalding hot pour over egg, beating all the time. Flavor.—Miss Gertrude Prest.

OATMEAL GRUEL.

1 pint oatmeal.	Salt to taste.
	Water.

Cover oatmeal with cold water and let stand a few minutes. Stir well, that the floury part of the meal may flow off with the water. Pour off through a gravy strainer. Cover with water again and pour off. Put this water into a saucepan, add salt and cook till it thickens, stirring all the time. Serve hot.

When patients tire of plain gruel, try adding equal parts of chicken or beef broth.—A. B. C.

ARROWROOT GRUEL.

2 tsp. arrowroot.	1 tbbsp. sugar.
	1 cup boiling water.

Moisten the arrowroot with a little cold water, stir into the boiling water, and cook for 2 or 3 minutes. Then stir in the sugar, and flavor with nutmeg, lemon, or other fruit juices.

STEAMED EGG.

Beat egg till very light, add seasoning to taste and set the cup containing it into hot water. Let it become warmed through, stirring constantly.

This will not take more than 2 minutes. The most delicate stomach will be able to digest it.—A.B.C.

OYSTER BROTH.

1 cup oysters. 1 cup cold milk.

Wash oysters and take away any pieces of shell. Chop them up with a long sharp knife, then put them in a saucepan with the milk. Heat slowly to nearly boiling point, but do not boil. Strain through cheese-cloth, season to taste, and serve hot.

CREAM TOAST.

$\frac{1}{2}$ pint milk. 1 tbsp. flour.
1 tbsp. butter. 2 slices bread.

Heat milk, mix flour and butter together, add a little salt, add to the milk when hot, and let all simmer a few minutes.

Toast bread a delicate brown, and soak it in some warm milk. Then put in a covered dish and pour the cream sauce over it.

CHICKEN CREAM.

Take half the breast of a chicken, cut it up very fine and pound it in a mortar. Put a teacup of milk in a saucepan and heat it, then add the pounded chicken, stirring constantly. Put in a pinch of salt and pepper and one or two tablespoons of cream. Serve hot. This may be made of veal, mutton or beef, but the meat must always be pounded and any fat removed.

CREAMED SWEET BREADS.

Cut a sweetbread into small squares and put in a saucepan with one-half pint of milk, a little butter, pepper and salt, let it boil, then thicken with flour.

Serve on dry toast. This is a very delicate and nutritious dish.

Paper Bag Cookery

ITS ADVANTAGES.

Food is improved in flavor. All the food values, all the natural juices and savors are retained.

It is economical. There is no shrinkage of food, and less time is required for cooking than by any other method. It is thoroughly hygienic. Use fresh, germ-proof paper bags, guaranteed pure, and throw them away after using.

Saves labor—needs no watching or care, is self-basting, self-browning. Cooks food all through perfectly. No pots and pans to wash.

No odors of cooking in the house.

No mingling of flavors in the oven.

DIRECTIONS.

1—Select a bag that "fits" the food to be cooked.

2—Grease slightly the inside of the bag, except in the case of vegetables or when water is added. Butter, lard or drippings may be used.

3—When food is prepared place the bag flat on the table and lift the upper edge while you insert contents. Press the air out of the bag.

4—Fold the mouth of the bag two or three times and fasten with clips or pins. Fold the corners in so as to secure as nearly as possible a hermetical closing.

5—Follow the time-table.

TIME TABLE.

Fish.

7 lbs.....	Allow 50 minutes
3 lbs.....	Allow 30 minutes.
1 lb.	Allow 18 minutes.

Beef.

18 lbs.....	Allow $2\frac{1}{4}$ hours.
9 lbs.....	Allow $1\frac{1}{4}$ hours.
3 lbs.....	Allow 45 minutes.

Veal.

7 lbs.....	Allow $1\frac{1}{2}$ hours.
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Pork.

15 lbs.....	Allow $2\frac{1}{2}$ hours.
3 to 4 lbs.....	Allow 50 minutes.

Mutton.

Leg 8 lbs.....	Allow 1½ hours.
3 lbs.....	Allow 50 minutes.
Shoulder 5 lbs.....	Allow 45 minutes.
Chops.....	Allow 12 minutes.
Sausages.....	Allow 8 minutes.
Bacon (sliced).....	Allow 6 minutes.

Poultry.

Chicken.....	Allow 40 minutes.
Spring chicken.....	Allow 25 minutes.
Duck.....	Allow 35 minutes.
Turkey (stuffed).....	Allow 2 hours.
Goose (ordinary size).....	Allow 1½ hours.
Pheasant (young).....	Allow 25 minutes.

Vegetables.

Potatoes.....	Allow 30 minutes.
Peas.....	Allow 25 minutes.

Milk Puddings.

(In dish enclosed in paper bag) .. Allow 10 minutes.
Less than any other method.

For the Fireless Cooker

By all means, buy a fireless cooker, if you can afford it, but don't be without one, no matter what your circumstances.

How to Make a Fireless Cooker.

Take a well made box of any convenient size having a close-fitting cover. Line bottom and sides with several thicknesses of heavy paper tacked on. Nearly fill the box with hay or any similar material (excelsior will do), and make a nest in the centre just large enough to admit the pail or other cooking utensil you intend to use. Pack the hay tight around the pail and be sure your pail has a tight cover that fits inside, in order that steam may not escape. Make a cushion stuffed with hay large enough to fill the space in the top of the box and your fireless cooker is completed. The outside of the box may be decorated in any approved fashion or left plain. In very cold weather, when using the cooker, cover the box with a blanket or something similar and if the floor is cold elevate the box to a warmer position.

General Rules for Use of Fireless Cooker.

1—After taking out the food, leave the box open till quite dry.

2—Always transfer the dish of cooking food from the stove to the fireless cooker as quickly as possible that no heat may be lost.

3—All cereals, except the very coarse ones, must be brought to the boiling point and kept there for five minutes at least before being put in the fireless cooker. This rule applies to the smaller vegetables, dried fruits, rice, sago, &c. Coarser cereals and larger vegetables require longer boiling, beets needing 15 minutes boiling before being consigned to the fireless cooker.

4—All meats must be heated through, then boiled rapidly for a few minutes, 10 or more, according to size of piece.

5—The coarser cereals and meats are not injured if left longer than the specified time.

6—If an article of food is taken out before it is sufficiently cooked, it must be brought to the boiling point before returning to the fireless cooker.

OATMEAL PORRIDGE.

$2\frac{1}{2}$ cups water. 1 cup oatmeal.
 1 teaspoon salt.

Put the three ingredients into a pan that fits your cooker pail or into a small covered pail that will go inside the cooker pail, in which have plenty of water. Boil all for 5 minutes or more then set both in fireless cooker and let remain over night. It may be necessary to heat somewhat before serving.

CAULIFLOWER.

Let stand in salted water for about an hour. Cut or break in pieces and cover with boiling water to which add a teaspoonful of salt. Boil 5 minutes and set in fireless cooker for about three hours.

POT ROAST.

3 lbs. beef without bone. 3 cups boiling water.
Flour, salt and pepper.

Dredge the meat with flour, salt and pepper, put into frying pan with a little fat previously cut from the meat and brown on all sides. Roll up and put into small cooker pail and cover with the boiling water. Cover the pail and set in larger cooker pail with water enough to come up well around smaller pail. Boil 30 minutes and set in fireless cooker for 9 hours. When ready to serve, re-heat to boiling point and thicken water for gravy.

RHUBARB.

$1\frac{1}{2}$ qts. rhubarb. 2 cups dark brown sugar.
 $\frac{3}{4}$ cup water.

Wash the stalks and cut in pieces about one inch long. Put in a cooker pail with the sugar and water. Bring to a boil and set in fireless cooker for 3 hours.

CUSTARD.

1 pint milk. 3 eggs.
Sugar and flavoring to taste.

Beat the eggs thoroughly and add the milk with sugar and flavoring in small cooker pail. Stir well till sugar dissolves. Put in larger pail of water and boil one minute, then set in fireless cooker one hour. Or boil longer and leave in cooker for a shorter time.

TIME-TABLE FOR FIRELESS COOKER.

	Boil on stove.	Fireless Cooker
Beef, 2 lbs.....	15 minutes	4 hours.
Chicken, 1 year.....	30 minutes	4 hours.
Fish, 2 lbs.....	15 minutes	2 hours.
Pork, 2 lbs.....	15 minutes	4 hours.
Ham, 3 lb. soak all night.....	30 minutes	All day.
Beets.....	15 minutes	4 hours.
Cabbage.....	10 minutes	3 hours.
Peas (green), potatoes.....	5 minutes	2 hours.
Corn (green).....	5 minutes	3 hours.
String beans.....	10 minutes	3 hours.
Turnips.....	15 minutes	4 hours.
Tomatoes.....	5 minutes	2 hours.
Onions.....	11 minutes	3 hours.
Rice, sago and tapioca.....	5 minutes	2 hours.
Oatmeal.....	5 minutes	All night.
Steam.		
Cottage pudding.....	15 minutes	2 hours.
Suet pudding.....	30 minutes	2 hours.
Drop dumplings.....	5 minutes	2 hours.
Fruit dumplings.....	14 minutes	3 hours.
Boil.		
Prunes.....	10 minutes	All day.

Mi scellaneous

TO REMOVE STAINS.

For fruit, tea, coffee, cocoa, use cold water, then boiling water and, if still persistent, hot oxalic acid solution.

For blood, meat juice, milk, salad dressing, gravies, first cold water, then soap and warm water.

For rust, use lemon juice and salt, or paste of cream of tartar and water.

Grass or medicine, use alcohol.

Scorch, or perspiration, use soap and water and sunshine.

For ink stain, use oxalic acid, if on white cloth.

For mildew, use Javelle water.

For tar, lamp black, wagon grease, use strong cold soap suds.

WASHING FLUID.

2 cans lye.

5 cents worth each Baker's ammonia and salts of tartar dissolved in 4 gals. of water. Use 1 teacup fluid with $\frac{1}{2}$ bar soap to 1 boiler of cold water. Put white clothes in dry, boil 20 minutes. For second boiler cool water, add more soap and little fluid.—Mrs. J. E. Biggar.

PHILADELPHIA CLEANSING FLUID.

2 oz. hartshorn. 1 oz. glycerine.

1 oz. ether. $\frac{1}{2}$ oz. spirits wine.

5 cts. worth Castile soap.

Dissolve soap thoroughly in 1 quart warm water, add 2 quarts cold water, then the other materials. Shake and cork well.

To use, wet a muslin cloth with it and rub the soiled article, then rinse.—Mrs. John Gallinger.

USES OF AMMONIA.

It will cut grease very quickly.

A spoonful in water makes paint like new, also carpets, if rubbed with a cloth.

A few drops in water makes plants healthy.

Soak white clothes over night in 1 cup ammonia and water before washing.

Use daily to rinse out towels and dish cloths; it keeps them white.

Use it in case of faintness.

USES FOR SALT.

Added to water, it will prevent clothes fading when washed.

1 teaspoonful in cupful hot water will cure indigestion.

It will remove stains of eggs from silver.

It will clean flat-irons, if they are rubbed over it.

Salt and water will preserve cut flowers better than fresh water.

USES FOR TURPENTINE.

Gives relief to burns, rheumatism or sore throat.

A good preventive for moths, by dropping some on shelves, in corners, etc., also it keeps ants away.

It is excellent for removing corns.

It is excellent to remove paint or varnish stains.

USES FOR KEROSENE OIL.

Added to hot water, it will clean windows, mirrors, etc., beautifully.

It will remove stove polish from the hands.

It will remove rust very easily.

If a duster is wet with it, then dried, the dust will be picked up quickly.

WORM MIXTURE.

2 drachms oil of wormseed.

1 drachm oil of tansy.

1 drachm spirits of turpentine.

2 ounces sweet oil.

2 ounces castor oil.

Mix and shake well each time before using.

Dose—For child 2 years old, $\frac{1}{2}$ teaspoon; for older children, 1 teaspoonful; twice a day. — Mrs. Wm. Barker.

FOR FELON.

Take common rock salt, as used for salting down pork or beef, dry in an oven, then pound fine, and mix with spirits of turpentine in equal parts.

Put in a cloth and wrap around the parts affected. As it becomes dry, put on more, and in twenty-four hours you will be cured.

A CURE FOR WARTS AND BUNIONS.

Squeeze the juice of two lemons in a bottle, and add a dozen small pearl buttons (such as are put on shirts). Allow to stand a few days. Shake well, and apply night and morning. The buttons should all be dissolved.

Table of Weights and Measures.

3 teaspoons equal.....	1 tablespoon.
16 tablespoons equal.....	1 cup.
2 cups equal.....	1 pint.
1 cup equals.....	2 gills.
4 cups equal.....	1 quart.
2 tablespoons butter equal.....	1 ounce.
2 tablespoons sugar, granulated, equal.....	1 ounce.
3½ tablespoons flour equal.....	1 ounce.
2 cups butter, packed down, equal.....	1 pound.
2 cups granulated sugar equal.....	1 pound.
2 cups fruit sugar equal.....	1 pound.
2¾ cups powdered sugar equal.....	1 pound.
3⅔ cups brown sugar equal.....	1 pound.
3½ cups flour, pastry, equal.....	1 pound.
5½ cups rolled oats equal.....	1 pound.
2½ cups cornmeal equal.....	1 pound.
1¾ cups rice equal.....	1 pound.
3½ cups graham flour equal.....	1 pound.
4 cups coffee equal.....	1 pound.
2 cups chopped meat equal.....	1 pound.
2 cups milk or water equal.....	1 pound.
8 medium eggs equal.....	1 pound.
1 square Cowan's chocolate equals.....	1 ounce.
1 cup walnuts shelled equals.....	¼ pound.

Required to Serve 100 People :

From 20 lbs. to 25 lbs. cold meat.

3 lbs. of coffee.

From 10 to 15 qts. salad.

10 qts. brick ice cream.

Time Table for Cooking

Beans, baked.....	8 to 10 hrs.
Beef, sirloin, rare, per lb.....	8 to 10 min.
Beef, sirloin, well done, per lb.....	12 to 15 min.
Beef, rolled rib or rump, per lb.....	12 to 15 min.
Beef, long or short fillet, per lb.....	20 to 30 min.
Bread, in loaves.....	40 to 60 min.
Biscuit.....	10 to 20 min.
Cake, plain.....	20 to 40 min.
Cake, sponge.....	45 to 60 min.
Cookies.....	10 to 15 min.
Custards, baked.....	15 to 20 min.

Chickens, 3 to 4 lbs.....	1 to $1\frac{1}{2}$ hrs.
Duck.....	40 to 60 min.
Fish, 6 to 8 lbs.....	1 hour.
Gingerbread.....	20 to 30 min.
Graham gems.....	20 to 30 min.
Lamb, well done, per lb.....	15 min.
Mutton, rare, per lb.....	10 min.
Mutton, well done, per lb.....	15 min.
Pie crust.....	30 to 40 min.
Pork, well done, per lb.....	30 min.
Potatoes, baked.....	30 to 45 min.
Potatoes, boiled.....	20 min.
Pudding, bread, rice, tapioca.....	1 hour.
Pudding, plum.....	2 to 3 hours.
Rolls.....	10 to 15 min.
Turkey, 10 lbs.....	3 hours.
Veal, well done, per lb.....	20 min.

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